

**How To
Improve Your Relationships ...**

**... And Feel
Really Good About Yourself**

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It's a proven fact that if you build, develop, cultivate, nurture and maintain good, healthy, strong personal relationships you will live a happier life. But doing this isn't easy. It takes time, effort and work.

In a personal relationship, you are two different individuals with distinct personalities trying to live and co-exist happily together. Both parties need to make a concerted effort to make a relationship work.

Use this check list/guide to see what you're doing right and what you need to work on to improve your relationship. Just check off the items that you need to focus on to improve your relationship and start working on them.

- Give your partner your complete and undivided attention.
- Share new experiences together.
- Spend time together with spaces apart.
- Make an effort to communicate effectively.

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- Share what's going on in your life.
- Do some things apart from each other.
- Make the most of your differences.
- Find new reasons to fall in love with them.
- Respect your partner, and don't take them for granted.
- Be thoughtful, considerate and giving.
- Show more appreciation for one another.
- Keep your promises.
- Share your passions
- Have your own hobbies, interests and friends.
- Say "Yes" and do things together more often.
- Be honest at all times.

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- Work on your relationship.
- Understand the value of compromise.
- Show respect, be punctual.
- Know when to let things go.
- Accept that some problems can't be solved.
- Don't let your relationship get stale.
- Don't let the intimacy fade.
- Don't stop doing the little things.
- Don't try to change your partner.
- Don't stay angry long.
- Don't go to bed angry.
- Don't interrupt or finish off their sentence.

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- Don't be controlling.
- Be your partner's biggest cheerleader.
- Be forgiving and let go of the past.
- Touch each other often.
- Don't bring up old fights or issues that were otherwise resolved in a current and unrelated argument.
- Stop keeping score of what each of you do for each other.
- Ask how your partner's day was.
- Help out when your partner is overwhelmed.
- Take care of your partner when they are sick.
- Praise your partner for the little things.
- Develop a realistic view of your relationship.

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- Discuss the important things in life.
- Your family is their family and vice versa.
- Never say "I told you so."
- Get over needing to be right.
- Agree to disagree.
- Small gifts go a long way.
- Never show the other person up.
- Be responsible for your own happiness.
- Communicate in a constructive way.
- You are responsible for your own feelings.
- Support one another instead of competing with each other.
- Plan a date night once a week.

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- Make an effort to be more romantic.
 - Be thoughtful, kind and considerate.
 - Say “Thank You.” more often.
 - Say “I love you.” more often.
 - Show this guide to your partner!
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Remember to Live Love Laugh and Be Happy!

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*I wish you every success in your journey
through life.*

Thank You !

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