10-Day Ecourse

Email 9

Subject: Tips for making the most of your relationship with your partner

Dear [Name],

Good relationships don’t just happen, they take work. If you have a significant other for any great amount of time, you know that it takes effort. Here are some things you can do to make the most of your relationship with your partner so that it lasts forever.

Show Them Respect

Every healthy relationship must include respect. Without it, you are doomed to fail. When your partner wants to speak with you, take the time to do so. Don’t mock their words or belittle them in any way. By showing your significant other that you value their thoughts, feelings, time and effort, you will let them know you respect them.

Give Them Priority

Your partner may not always be your number one priority, especially if you had children before you entered the relationship or have another situation that demands a lot of your time. If your partner is always last on your list, though, there will be trouble. Giving your partner at least some priority shows them that you value them.

Have Fun Together

Make time to laugh together. Plan fun activities and do new things together so that you can always remember the experience. Making memories builds bonds. This will give you and your partner good feelings when thinking about one another, because of the great times you have when you are with each other.

Learn with Them

Take a class together, or embark on learning a new hobby as a duo. When you stretch your brains in regards to the same subject, it gives you something to talk about. When a couple feels like they are challenging each other and helping each other to become their best, it brings strength to the relationship.

Maintain Your Individuality

Although time as a unit is important, don’t do absolutely everything together. Give yourself the opportunity to grow your other friendships and hobbies. When you do this, it gives you a break so that you can appreciate each other when you are together, and it also gives you something to talk about.

Express Your Appreciation

Let your partner know that you are grateful for them and who they are. When they have made sacrifices to do something kind for you, write them a thank you card or cook them their favorite meal. Showing your thankfulness and appreciation never goes out of style.

Be Creative in Showing Your Love

Say “I love you” to your partner, but don’t stop there. Get creative in the ways that you show your love. Demonstrate it by using your own personal talents through actions such as writing them a poem, making their favourite dessert or composing a song for them. Plan a relaxing vacation weekend or even a one-on-one movie night together at home. It doesn’t take a lot of money to demonstrate that you love your partner.

There are so many ways you can build your relationship and make it stronger. Try some of these and experiment to find the ones that help you and your partner relate to each other. Love is always worth the effort.

Many of us spend a lot of time at work, and may even see our work colleagues as much as (or more) than our partner. For this reason, a good relationship with work colleagues can make a huge difference to how much you enjoy your job. We will look at how to make the most of this relationship next time.