

2016

VALENTINE'S DAY MONTH

RESOLUTIONS



7 Ways to #ElevateYourRelationship

Remember that #LoveTakesLearning!
Do something each day to develop yourself and
make your relationship stronger.



1



#ConflictManagementMondays *Talk through issues*

Is all conflict and stress bad for couples? Not necessarily, in fact some conflict and stress can actually help partners understand each other better and handle situations better in the future. Just like a vaccine, some conflict and stress can actually build resiliency in couples. The determining factor if conflict will be good or bad is not its frequency, but how you handle it.

2



#TakeTimeTuesdays *Establish Rituals*

Taking the time to establish rituals is one way to express commitment and continuously connect with our partners. Connecting rituals don't have to be elaborate, but are often small deliberate acts that we share with our partner. Cuddling in the morning or night, saying I love you, doing the dishes together, walking the dog...these are all moments to connect with each other. Tell us about your rituals!

3



#WhyNotWednesdays *Make everyday special*

The biggest threat to good relationships is everyday living (Doherty, 2013). Sometimes all a relationship needs is something small to spice it up. This could be anything from leaving a love note for your significant other or sending a sweet text to bringing breakfast in bed. Be spontaneous, seize the day, and tell us what little or big ways you add variety to your love life to make every day feel special!

5



#DateNightFridays *Enjoy each other's company*

Taking time to be deliberate about the time we spend with our significant other is something that we hear all the time. Date nights can mean anything that is a specific decision to connect with our partner. Turn off the phone, get a babysitter, set aside homework and work obligations and connect. Talk, laugh, be silly, try new things and tell us about your dates!

#IsThisHowWeRoleThursdays *Fight Gender Role Expectations*

Different gender roles can add a different flavor to every relationship. It doesn't matter so much what your specific role in your relationship entails, but rather, if you and your significant other agree to and are deliberate about what one another expects from each other. Tell us how you and your partner balance the various duties your lives demand!

4



#SelfDevelopmentSaturdays *Grow...for yourself!*

Often we think that self-development means that we need to isolate and focus only on ourselves. Developing a stronger sense of what is important to you (values) and taking time to do things that energize and fulfill you allows you to give more back to your relationships. Self-development also means confronting yourself and determining areas of growth so that you can be your best self!

6



Healthy romantic relationships are a combination of many different love-giving behaviors. Some couples maintain their relationships by talking about their days over dinner, others by texting over lunch breaks. While you are undoubtedly expressing love in a variety of ways already, tell us about a new way of giving love that has enhanced your relationship!

7



#GiveLoveSundays *Express love in a new way*

Sources

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