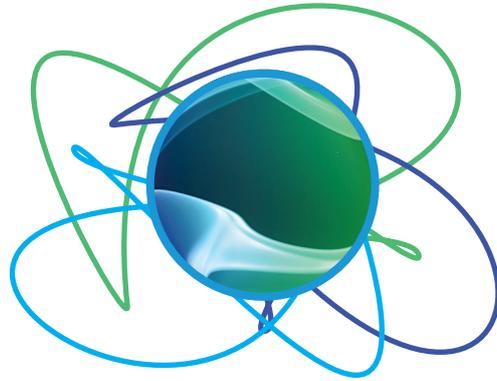


# **25 Ways to Enhance & Transform Adult Relationships**



- Start today with a warm welcome and continue this habit throughout the month.
- Make a special date to go out with each other this month.
- Talk about, acknowledge and celebrate your differences.
- Be especially polite to each other.
- Be especially gentle, sensitive and understanding of each other.
- Give a small gift to each other around the same time every month.
- Make an effort to smile more at one another.
- Laugh more together. Talk about funny situations that you have found yourselves in.
- Share your dreams, no matter how outlandish they sound.
- Send a card/email to each other, expressing what you appreciate about your partner.
- Encourage each other in a particular area of life, hobbies or sport.
- Learn more about each other by asking about each other's needs, concerns and fears.
- Wait on each other. Reverse roles if necessary.
- Get into the habit of complimenting each other.
- Keep each other updated about what's going on in other areas of your lives.
- Slow down together at least once this month. Decide what slowing down means.
- Hold hands together. Put your arms around each other and hug more often.
- Think about a new skill you could learn, e.g. drawing, juggling, playing a musical instrument and decide on an action plan.
- Ask for each other's opinions about your wardrobe without getting wound-up.
- Show respect for one another throughout the month in little ways. For example, letting your partner go through the door first; not taking anything for granted, using 'please' and 'thank you' more often.
- Try to always look your best for one another.
- Apologise to each other once and for all about things that have festered in the past and forgive each other for personal shortcomings.
- Ask each other – "How can I make you happier?".
- Talk about your favourite experiences together in the past.
- Make a real effort to treat your partner's relatives/friends with courtesy.
- Plan something special for your partner's birthday and/or anniversary.



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