

Feeling lonely or disconnected?

Enjoy GREAT Relationships!

Pssst! Do you want to know the secret to having great relationships? Read on...

Let's start with gratitude and respect, the foundation for all good relationships. Gratitude is more than merely saying thank you (although that is one aspect of it). It involves truly appreciating what the other person brings into your life, and finding ways to express your appreciation. Some days that's easier than others! However, every day try to find one thing to appreciate about your partner, child, friend or neighbour and let them know in words and actions how much they mean to you.

Mutual respect is key, especially in those moments when you don't agree with the other person's choices or decisions. If there is room for each person to be accepted for who they are, you have the basis for a strong relationship.

Relationships are teams of two or more people working together towards a common goal. Your collaborative effort helps to strengthen your connection, build trust and mutual support.

During challenging times, it's essential to maintain a positive attitude. Life often puts pressure on us as individuals and on our relationships. In those moments, it helps to focus on what's working, and reinforce the positivity in your relationships with loving comments and affection.

In fact, it takes only a few moments to brighten someone's day. Thoughtful acts, especially when unexpected, are like investing in the relationship bank. The more you've invested over the years, the more you'll have to draw from when times get tough.

Try these simple steps and take your relationships from good to great!



Five Steps to GREAT Relationships

G = Gratitude (appreciation)

R = Respect (mutual)

E = Effort (collaborative)

A = Attitude (positive)

T = Thoughtfulness (acts of kindness)

Take another step by booking a relationship coaching session at www.juliewiseconsulting.com

Awaken Your Potential!
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