Hello

lovelies and welcome to another episode. I am so excited for today's topic. We are

covering how to have a relationship reset during the summer months. This is the

perfect time to invest in your relationship differently so that you could take it to

the next level. Usually during the rest of the school year or regular work year, we

get too busy to really focus intentionally on how we want our relationship to go.

And we end up creating an average relationship. So in today's episode, I'm going to

show you what average looks like. And then I'm going to show you what you need to

do to reset during the summertime to create an extraordinary relationship.

So we're going to take the love to the next level. Now I'm going to cover this

topic by showing you the five areas of relationship that flow from our successful

relationship strategy. There are five areas that I have identified as key areas in

relationship that when we invest in them we create the changes that we want and we

take our love to the next level. So I'm going to teach you the five areas. I'm

going to show you how in each area an average relationship might play out and what

it will look like in that particular area when the relationship is operating from

the next level of love, an up -level relationship, what that looks like.

And then I'm going to show you how to intentionally invest in your relationship

during this time to shift from ordinary to extraordinary. Okay,

without further ado, here we go. The first area is your mindset,

the context, the perspective that you bring to your relationship, how you choose to

look at your partner, at your relationship, at your interactions, what belief systems

you have, what perspectives you have, what lenses you use,

what scripts, or mental baggage you bring to your relationship that's creating the

interactions and the circumstances that you have with your partner. Now, in this

particular area, what partners do is that they have a tendency to not be fully

accountable for themselves. They blame their partner for what's happening.

they put fingers, they don't own themselves, they accuse their partner of things,

they make assumptions, they assign motives. So they're a little, what we call dirty,

right? So they don't show up with the best way of looking at things, with grace,

with perspective, with higher understanding, with a more compassionate approach where

two people having a human experience here, nobody's perfect.

So, what the partners do when they're in the average or ordinary relationship is

that they're not fully accountable, not fully owning themselves. They are dismissing,

passing on the

like I said I said in motives and like doing these things so that their partner is

the reason why they're not happy, why things are not working, if their partner only

changed then things would be better. That's kind of like the perspective or approach

here. The way that this might show up is that when there's an argument let's say

the language is about accusation.

It's about what the other person did or didn't do, where they are coming from, why

they're doing things. They go in the person's circle. They assume,

they mind read, they think about why their partner might be doing things.

So they're in their head, they think about what their partner should be doing so

they're owning their partner instead of themselves. They think about, okay, they

should be doing this, they should be doing that, they should be thinking this, they

should be thinking that, they should be feeling like this, they should be feeling

like that, right? So they're owning the other person. They're leaving their circle

and they're going inside the other person's circle where all their stuff about

themselves are and they are dictating how the other person should be operating.

So they're disempowering themselves and they're disempowering their partner when they're

doing that because now their circle is empty, the other person's circle is crowded.

So that dirty way of operating, making those assumptions, assigning those motives,

being in the other person's circles, not being accountable for oneself but owning the

other person, like all that kind of stuff, it's a way of being disempowered and

creating friction with a partner. What happens also at this level when we're more in

the average way of operating is that we have funky ways of looking at roles and

expectations in relationships. So like I said earlier, this particular area has to do

with how we think and what beliefs we bring into the relationship. So we might look

at things

like expectations of our partner that are sexist, if you may, or very traditional,

there's nothing wrong with traditional as long as it's not subservient, right,

or disempowering of the other person. And so what we want to do here is be on the

lookout for those things. Anything that's disempowering for either partner doesn't

serve, right, so what are the expectations, what are the beliefs around marriage,

commitment, different the genders of the partners, money,

power distribution, taking care of things, so what are the thoughts that the partners

are bringing in that you might

they're not really expressed until you're playing out things that undercut or

undermines connection and each other's well -being and each other's empowerment. And

so, unfortunately, that's how a lot of partners operate. That's what an average

relationship looks like. All that stuff is unexamined and not addressed and not

explicit and they play a role in how the interactions play out and how things are

set up in the home and in the relationship and it doesn't really work. This is

where the partners get stuck in impasses and in different ways of being in the

relationship that doesn't allow the individuals to grow for the relationship to evolve

and for them needs to be met and there's a lot of fighting and not getting along,

not progressing in life, all kinds of things, all kinds of ways that this plays

out.

Now, that's the average ordinary way. This is the most common way that couples

operate. Of course, there's a whole spectrum to everything. And everything that I

said is not going to be 100 % a couple, right? So some of those things may apply,

some of the things may not apply. But that flavor of that is what plays out.

So what we want to do is up -level all of that,

change the mindset one in the ownership and accountability, two in the boundaries,

three so that we're both of us are empowered. What does that mean?

So clearing up the expectations and having expectations that are realistic of a human

being in the context of life, right now having unrealistic expectations of how the

person is supposed to be able to do things, how much they're supposed to do, how

available they're supposed to be, all these kinds of things. So that's one, the

expectations and aligning with your beliefs around roles,

around definitions of things, commitment, marriage, like I was saying before,

partnership, spouses, long -term commitment, like what do these things mean to each of

you? And so you take them to the next level. What is the highest perspective that

you could take on all of those concepts? The definition of marriage.

What's the highest level of how you could look at marriage? The purpose of marriage?

How How to be married? What marriage is supposed to do for a person and for a

couple? Right? Sometimes we look at marriage as just the practical of life and how

to just be in a long -term commitment. We miss the higher implication of marriage,

the higher purpose for it, the higher union that is in the two people coming

together, in the purpose for it. So one of the things that we teach in our work

is that the

partnership is a vehicle for evolving ourselves as human.

So talk about one of the highest perspectives that we could use marriage for, the

way to look at marriage. And so from the highest perspective, And everything that

our partner does is for us, even if it doesn't feel so good, like how do we take

that, what's the gift in that for us? That's a much different way of looking at

our partnership, our partner in our relationship

in the gift that it is. So our partner is our life partner with the capital P.

Our relationship is a playground for us to play in practice, getting better at being

human and playing on the game of life, our marriage, the relationship, the commitment

is all for us in that container and that arrangement and that vehicle is the

mechanism for us to get to have everything exposed, play with,

processed, addressed, so that we see all the parts of ourselves, so that we

integrate all the parts, so all the things get triggered, so all the things get

addressed, so all the things get healed. So you see, that's a much higher

perspective and we are looking at our relationship.

So that's one area in the relationship. This is element one, we call it, where we

address the average way, the dirty way. And average doesn't necessarily mean bad,

right? It could just be, it could be working fine for people, but the message that

I'm offering is that it could be much better. So it might not be the worst, and

you might not be filing for divorce, but you're, it's okay, right? And I'm offering

that it could, you could take it to the next level and really take things to epic

love, to next level love to like the much higher perspective and grander experience

with your relationship in your life. That's what's on offer here today. And so with

element one, we will go from average and ordinary to this higher perspective and way

of looking at things in operating with the other lens, so that we go to the next

level. Now, some exercises that you could do here to help with this is explore some

of the expectations and meanings that you have around concepts about relationship.

So, long -term commitment, marriage, spouse,

relationship,

exclusivity, genders, roles, wife, husband, whatever. So,

all of the different roles just play with what they mean for you and see if

there's anything funky in there. But be honest, so you get something out of the

exercise, define it to the fullest, go to the bottom of the expectations and meaning

and assumptions and beliefs that you have. You might unearth some things that you're

carrying, some blueprints that you're carrying from how your parents' marriage played

out, or all the things that you see in life, and

see how they need to be cleaned up and updated and upgraded. So you fully own

those beliefs and those expectations and then you could share them with your partner

and you could flush them out together, you could clean them up together, you could

align on things, and then operate from a higher level of looking at things.

Okay, so that's element one. Element two has to do with communication and alignment.

Now,

notice that I'm sharing an ordinary in average relationship. I'm not describing the

worst when people are like really in bad, bad shape and they're barely making it.

Obviously,

the things that I'm describing could be really bad, right? So the other, the other

way on the spectrum. So for example, with the mindset one, you could get farther

down the spectrum on the negative side, if people are really, really struggling,

things like distrust, this loyalty, cheating, betrayal,

like all kinds of things in there, like the way that people operate, accusing,

hiding things, lying, like, oh, just this funky behavior, right? So there's a whole

spectrum here. I'm going to go in the middle of the way, and then have to upgrade

things, assuming that your relationship is in pretty okay shape, and you just want

things to the next level. If you are on the other side of the spectrum, all these

things still apply to you. Just know that that suffering is going to be a little

bit more intense for you. It makes complete sense. There's no shame in any of this,

and we just have to take the things that I'm offering to heart more in order to

do that little deeper work. And you might need support, right? You can potentially

just do this on your own. You might need to get individual sessions with us,

private sessions, or with anybody to help you do that work if you need it, if

you're struggling. When it comes to communication, the way that an average or

ordinary relationship looks like in terms of communication is that the communication

is fairly superficial. It's functional. It focuses on the practical of life,

on the logistics, on getting things done. It's my address on things.

People share things.

stories of every day and just something that are happening, you might find that

sometimes you have

miscommunications, that you don't fully align with things,

that you misinterpret things, that you have their communication habits. We have a

blog post that lists all the, I think we call them the dirty dusting of

communication. So it shows you all the different ways that we think that we're

communicating properly, but we're totally not. And also some of the skills and tools

that you might need to upload all your communication. So I'll link that for you.

And it's just some very communication habits, like walking away when somebody's

talking, interrupting them, looking away, and I haven't given eye contact, not showing

that you're understanding what's being said, just all kinds of things. This is how

most people communicate most of the time. Not very ideal for getting on the same

page and feeling heard and feeling understood and really bonding and getting to know

each other, which is what an extraordinary relationship would have.

We take those things for granted that those things should be given we communicated a

much superficial bland Practical every day kind of level now.

I'm not saying that you should go to or What I'm offering is that we should go to

this depth of Processing and communication and being intimate emotionally in every

conversation, right? That's not practical for everyday life. But a lot of couples

never go there or hardly ever go there. And so they're missing that depth to

knowing and understanding each other and to feeling more connected and more on the

same page and understood and gotten and cherished and just being bonded,

right? The whole thing is at the window when we barely touch base or barely connect

on things.

And again, that's pretty much what an average couple does. If you're struggling,

then you have escalator fights, the bigger fights, the really crazy communication with

really damaging language, I'm damaging what you're speaking. I mean, then it goes the

other way, right?

So what we want to do here is clean this up,

put better habits in place, more tools in place, more intentionality in place. So

the ordinary version of this, I described it as kind of bland in a nutshell.

This extraordinary version of it, The couples, the partners are very intentional about

going deeper into topics, being curious, making sure that they really understand their

partner, being attuned, using all the communication tools and skills so that they're

really in sync and on the same page about whatever they are addressing. Even the

basic communication is goes smooth. And I'm not suggesting perfection because nobody's

perfect and we're all human and we all have moments in life where things are a

little wonky, right? But those are far and few between.

They're not the norm. So you line up on the communication.

These partners, they feel that the partner really gets them.

They synchronize much easier. If there is a little bump on the road, they're much

quicker to repair. They know how to repair. They know how to apologize, they have

meaningful apologies, they have mechanisms for more easily making decisions,

for collaborating in terms of making choices and solving problems and repairing this

moment of disconnect or friction. So all these things,

regular basic communication just goes to the next level where the partners are really

in sync and really smooth on the same page. So for this one,

the takeaway is to check out those resources for communication tools and skills so

that you can start cleaning yourself up and putting in place better tools and better

skills and better know how so that you can more easily get on the same page and

have smoother interactions that just take things to a deeper level when needed and

that prevent friction and problems and miscommunication and issues in the everyday.

Okay, so that was element two. All that information flows from our area of

relationship that we call element two. The third one is clarity and dynamics.

This one has to do with how we repeat patterns. What happens a lot is that we

might get triggered in our relationship. We have our flavor of sensitivities. Our

partner has theirs, everybody has theirs. And when we are in relationship with our

partner, the way that they tend to show up is prickly for us,

right? When we are sensitive, when we're not resourced in general, by the lot of

times we can manage things better. And then when we do our work, then we are less

and less and less sensitive and hypersensitive to these things.

But in these moments when we might get triggered,

what happens is that we respond in a way that our partner gets triggered back and

then they respond to that trigger in a way that triggers us back and we get stuck

in this loop and that's our dynamics and these other patterns. Now patterns have to

do with that, the triggers how things play out and we keep looping but also things

that repeat like the same issues that we keep having or the same circumstances that

keep So it shows up in a lot of different ways, patterns. But when I'm talking

about patterns and dynamics, I'm referring to this thing as something that gets

triggered and a part of it gets triggered back and we just keep it triggering each

other. Or we might address it, but it's very superficially, so nothing gets healed

and fully repaired. So we'll continue to work around with the same wound and the

same sensitivities and the same triggers and we don't make any progress. And so this

is where the beauty of a relationship is where the big mechanism, the gift as our

partner is perfectly tailored to trigger our stuff so that we have the opportunity

to address them and heal them, right, and grow from them.

So with this, what we wanna do, actually before I give you what we wanna do is I

wanna describe the average first. So, the average couple,

the ordinary couple, the way that this will play out is that they might get into a

tiff or they might get hurt, and again, the address is proficiently or not fully,

and then they might not feel fully resolved at the end of the conversation. They

might not even bring up that they're triggered or upset about something or that they

don't like something or they might bring it up in a feisty way and then a fight

happens and they might stop the fight moment so it doesn't get too bad but they

don't fully resolve it they don't fully address what's underneath so they might

bypass the moment either by not saying anything

or by barely addressing it, where one person might apologize or acknowledge it quick,

whatever, and they move on, but they don't go to the depth of like, okay, what got

triggered, what is happening, what's coming up, how is this a pattern, what is the

depth of this, and what's needed instead, right? So that's that now we start moving

into the higher level. So they do the most provisional version of this. So again,

either they don't address it or they barely address it and it's not sufficient to

make any kind of changes or evolution.

In a relationship where they're struggling, the triggers are explosive, much bigger,

much more frequent, much more intense, it's much harder to repair. There's barely

repair acknowledgement. People give the cold shoulder, the cold treatment, or they

break up, they get back together, it's all this drama. So like really like nuttiness

is happening, like more chaos and drama.

And they're messy, they're hurt a lot of the times, they're dissatisfied a lot of

the times, they're struggling a lot of the times, and there's a lot of up and

down, they're great, they're not okay, they're great, they suck. like this kind of

feeling. And they have a big question mark on their relationship. They don't know if

this is what they want. They don't know if they want to stay in it and they just

struggle. So that's what the other side looks like. Now on the every day, we might

have, like I said, this kind of like, okay, barely addressing things or getting over

things or not addressing things and we forget about them or put them to the side,

like, you know, that kind of stuff. And then until the next fight, or until the

next argument, or until the next trigger. And with this agreement, it's not really a

big fight because we manage ourselves, right? So it's like an average relationship

where ordinary is not terrible, but we're making do.

Now the extraordinary version of this is you go much deeper, right?

So this is where a lot of clients get to. They start doing this deeper work where

the conversations, they go to that meaning, those emotional patterns,

those mental patterns, those mindsets, those perspectives,

the emotional feelings, the wounds that keep repeating, what is the wound,

the core wound that they're carrying that keeps getting poked by the most innocuous

of things. And so they tune in.

They figure, okay, so how is this about me? What's happening for me? How do I

address it? What do I need to give to myself? How do I reframe this? How do I

soothe this? What do I do with this? Whatever it is. And depending on what's coming

up, then how much of that, how do I package it and how much of that do I share

with my partner so that They are in the know and they could make amends.

They could help, they could help repair, heal. When we do that for each other in

that stretch, we are growing, we are evolving, in the healing, we're both evolving,

we're both becoming more whole, we're more integrated, we address projections, we see

what things we are assigning to our partner. I mean, what are their hours,

those are shadows and and projections, things that we don't own. There's so much

deeper work here so that that extraordinary relationship is taking a moment to

process at a slightly deeper level. I just gave a lot of clinical language there.

If you're more of a late person and you're not getting private support with therapy

or coaching, then you might not have some of that language, but it's fine.

The point is to pause and take a moment to access the deeper stuff.

What is coming up? What can I connect that to? What is the need around that thing

and how do I consciously get that need met and intentionally as opposed to have

hassle by default and by doing funky business?

So that's what the extraordinary relationship does. they take things a little deeper.

They analyze at that deeper level. They do their site for themselves with it. They

bring it to their relationship, they do their relational part with it with their

partner. Every conversation doesn't have to be a therapy session. Every conversation

has to go to all the depths. Every single issue doesn't have to be this much work.

We use a judgment when things could be let go, when things need to be address only

within ourselves when things need to be brought to our partner, to what level. So

you use your judgment in terms of how much you're investing to each thing, the

timing of it, the depth of it, intensity of it, whatever depends on what's

happening, how important the thing is. So you create what you want and you put as

much effort as little effort as makes sense for you and your relationship. But

that's what the extraordinary couple would do. They would invest in the depths, in

the richness of this. So they're more intimate with their partner.

They know each other at the deeper level, at the more soul level, at the more

essence, right? They are a unit, a true partnership in healing,

growing, and evolving, and becoming their best human self, and having the best human

experience. That's the whole point of this. OK, so as an exercise for this,

as a takeaway, something that you could start doing to take this area, this element

to the next level, is to start paying attention to what are the themes, the things

that come up. What's the repeating fight that you have? What are the specific things

that you're hypersensitive to, or that you're finicky about, or that you have

sensitivities about what are the things I really know you about your partner just

like find the patterns and grab as many of these patterns as possible make a list

grab all the things and do this kind of exploration brain dump thing and track it

and log it and observe right and then see I say are patterns for the patterns can

you see more to the patterns, what do you see? What things jump at you? What can

you identify as like, if I had to pick one thing, this thing is like, this is the

thing that gets me. So that's one thing that you could do. See if you could grab

a pattern that kind of grabs all the other patterns too, if you may,

or a pattern that's like, you might find that you have a few, but this particular

one is like, if I address this one, I'm pretty, going to be pretty, pretty, pretty

good shape. If I remove this thing, like most of the things will fall off, right?

Like most of the other things are like, eh, whatever. They're not that big of a

deal. That kind of concept, right? So, so just use your judgment in terms of how

you, how you process, what you captured and what you want to focus on. Then you're

going to play with that pattern. You're going You can observe how to show up,

where, what discussions do you need to have with your partner, what journaling do

you need to do, do you need to discuss it with your therapist, do you need to

bring into couples therapy, do you need to read on it, do you need to learn a

skill on it, do you need to do psychosomatic work on it, do you need to do some

tapping, do you need to use other tools to regulate and heal and release things. So

there might be a bunch of different modalities that you could apply, and you don't

have to apply all, but there's different things that you could do to release, to

reprogram, to heal, to let go, to regulate, to repattern, to rewire,

to reconstruct within yourself, to rebuild you literally, from your brain to your

nervous system to all the things. The patterns are not just behaviors, not just

thoughts and not just feelings. They're literally also how your body is constructed,

where the stuff sits in your body, the energy. So we're working at a lot of

different levels here. So you choose what's calling to you, what's resonating and

what level you need to work and what level you want to address this. And then you

go have fun, you play with it. Okay. So that's a takeaway for that one. Okay, the

next one is Element connection and intimacy. So this is the funner one of all the

other ones, the ones that feel like work. And this one is more of a fun is. Now,

at the ordinary or average level, what this looks like is that partners don't spend

that much time together. Well, they spend a lot of time together, but they're not

really connecting. They're just in the same space. That's one, two,

there's little affection, three, there's little physical intimacy, like actual physical

interactions, consummations, having sexy time.

The next one is they

don't have much fun together, flirting got lost,

professional, interaction sense of professional, they, they might be out of the loop

on things in knowing about their partner and being emotionally intimate and in the

know and in sync with how the partner's feeling, how the partner's looking at things

with the partner's experiencing. So there's a disconnect.

So there's just a lot of different things that just, they're just there. So they

might have basic time together, they might have some fun together, they have okay

sex in okay enough frequency, like everything's just okay. Now people who are

struggling, they go the other way and they are feeling totally alone,

totally disconnected, they barely have any sex, they can't have fun together,

whenever they try to have time together there's fighting, and things might really

escalate. They don't know how to have fun, they don't have adventures, they don't

have common experiences, they don't create memories, right? There's no celebrations, no

rituals, no gifts, no just, there's just no good stuff.

I don't know how else to describe it, just like it's kind of bland. So that's when

the relationship is struggling. And then the more normal one normal watches describe

the very, very bland, the extraordinary relationship in turn.

Now, the adventures are there, the memories are there, the rituals are there, the

celebrations are there, the daily connection is there, the affection is there, the

sex intimacies there, sex to the next level is there, the passion, the interest, the

fun, the flirting, the playfulness, all these things are there. That's what this

ordinary relationship feels and looks like. So the takeaway with this one is to

explore with each other,

how is our intimacy, how is our fun, our rhythms,

our rituals, our practices, our celebrations and just kind of have a chat, Do a

state -of -the -union kind of conversation about how is this area feeling in

brainstorm? How can we make it better? What would be fun? What would be exciting?

What would be sexy? What would be more romantical? What like just what what are

some of the things that you guys would expect to have in connection and How do you

take them to the next level? Now I focus more on the fun side of that. But a lot

of times when people are in the ordinary version of the relationship, the emotional

connection is what's missing. That's so much the fun concept. So if you're not

feeling emotional and connected, you can go have fun or be physically intimate and

have the best sex.

So then we started there, right? So how can we have more intimate conversations?

How can we have more connection habits? How can we build in things that would

enrich our time together? How do we protect our time together? How do we set up

time together? How do we schedule a sexy time? Don't shoot the messenger.

Schedule the one time in a week so you have at least some and then the rest could

be all spontaneous. Right? So, but at least you have the one if you don't have,

if you're not having any.

So when the idea of scheduling sexy time, people cringe at that. But that's just so

that people who don't have any have at least some. And then that doesn't mean that

that's the only kind that you have and the only one that you have, okay? It's just

a little clarification there. So you do that.

And you have appreciation sessions. There's so many different ways to enrich the

relationship and to add more emotional connection and more intimacy. So explore these.

You might want to do it first like a little exploration for yourself. Like, how am

I feeling about things? What are the areas that are bugging me? What would I want

a little bit more? What am I longing for? What would I love? How do I want to

really enjoy and feel my partner and then get a handle on that idea and then

invite your partner into a conversation. The reason why I suggested that is because

sometimes we might go in like, "Bah, I want all these things," right, and our

partner feels attacked or not good enough or that they're lacking and then it's not

a very pretty productive conversation, it's gonna make things worse. And so go in

gentle, right? Curious, inviting and sharing, sharing the longing,

no system, no shaming, no blaming, none of the funky business. And just an

invitation for more.

So that's the fun there. So play with that, kind of with the date, thanks to the

next level. Now, so that was element four. And now we're going to go into element

five, which is collaboration and partnership. And in this one with the ordinary

average relationship looks like is that the partners manage the business of life the

best that they can, they grind day in and day out, they have some responsibilities

that they kind of know I do these things he or she does these things and you win

things as you go you might have some systems you might have some ideas of division

of labor, who does what kind of thing. And you have,

you might have some goals as to like,

when and how you have a vacation or what kind of things you want to achieve in

life and kind of what you're shooting for, some idea where your finances are, how

things are going, maybe some financial goals and where you want to go,

plans for the future, when you want to buy your home or the next home or projects

that you might want to do. So you might have some idea about these things. A lot

of times people don't. So that's the average relationship.

If you're struggling, all of these things are a question mark. You don't know the

answer to any of these things. Some of these things are secrets or hidden stuff.

There'll be trail here. One part of the day is scared of a lot of things. You're

the one that doesn't do anything. So there's a lot of codependence and lab -sidey

things. Here's where you see how addictions affect the relationship,

how much you could count on your partner, how much they're able to do and handle.

The codependent part of the day is scared of a lot of things. And the overfunction,

and this is where you see how the Guiness of life play out. The home is in this

array. There is a lot of debt. There's a lot of illnesses. Things don't work.

There's a lot of messes. Just the partnership doesn't work well. There is a grind

or like not grinding the way that we use it in business.

Like, oh, I'm grinding. And I didn't make it, you know, working hard. Like a grind,

like difficulty. Like things like the yours don't turn properly, it's not smooth,

right? It's challenging. That's when the relationship is struggling. I get everything's

messy and chaotic. The regular relationship or the average relationship, the ordinary

relationship, most things work okay, right? There's no big problems,

things are in order, things are progressing, life is good, things are working, fine,

perfect. In the extraordinary relationship, the partners have visions,

they have purpose, they have big goals, they have things that they're working

towards, there's direction, there's the way that they do life, there's a specific

division of labor so they know what everybody's supposed to do, what everybody has

agreed to do, what's the pieces of the relationship and the admin of life that they

carry. There is a smooth collaboration. There's partnership, right?

They work to their strengths. They use their skills. They use their internal and

external resources to make the relationship and the joint life work better. There is

a joint vision. There are shared goals. There's amazing parenting.

There's an amazing love in home, things work well. Things are smooth. People are

healthy and have vitality and things work well. And there is abundance.

And it doesn't mean that, listen, the start of a relationship doesn't mean that it's

perfect and doesn't mean that things don't go wrong and that life doesn't happen to

them. The thing is that they are set up so well and they have such a good system

and they're doing when they're working, they're investing in the things that they

could handle things so much better. So they don't get knocked out as much. They

don't get thrown off. I mean, life happens and they deal with it. It's much easier

because they have this stuff in place and they have the partnership and the bond

and all the resources and they've done their work that they could handle things

easier. They're inspiring as individuals and as a couple,

as a family. They just have their home,

their homes are just peaceful, harmonious, inviting, welcoming, pretty, right?

All the things.

So that's what's on offer. Now for this one, if you're operating at the lower

levels, then the key is to have conversations around, how do we get on the same

page? Let's explore division, the goals, the systems,

the structures, the routines, the division of labor, how do we collaborate better? So

these are all different things that can be put in place so that you could take

things to the next level.

Okay, so quick recap. Number, element number one was context and mindset and that's

where we clean up how we look at things, our belief systems, our expectations and

our boundaries, our ownership, so that we don't create friction and stuckness and

impasses and keep ourselves small. Number two, communication and alignment.

This is where we up -level all of the ways that we communicate from apology to

repair, to problem -solving, to communicating more deeply and more meaningfully,

all of the things. Number three is clarity and dynamics,

and this one has to do with addressing all of the patterns, right? All the

emotional patterns, the mental patterns, all the different ways in that we might get

in our way, we get triggered and we create funky loops and we get stuck in the

loops and we don't resolve things and we keep ourselves small in that way, just

repeating things that are unpleasant.

And in that one, when we crack that, the way of doing that is just by meeting our

needs. And in that, there's healing and growth when we meet ours and our partners.

So that's definitely a beautiful place to play in. The next one is connection and

intimacy. And here's what we'll build in all the fun, or the depth and the richness

to our togetherness, the definition of us and all the memories and all the fun

things. And the last one is collaboration and partnership and this is how we co

-create our life experience and our grand life adventure. So the next thing that I

want to share with you before we go is how to use this summer or any period of

time. I like summer because there's more spaciousness, there's more sun, there's more

fun, it's like that we're in the mindset, in the energy of who -hoo.

And so that's a good energy to kind of ride to help us with this,

right? So it's a perfect time to have a reset. It doesn't mean that this is the

only time that you could do a relationship reset. And I talk about this all the

and we could do resets at any transition times from month to month, from week to

week, from quarter to quarter, beginning of a year, our birthday, our anniversaries,

whatever, whenever we want to, or any old day just because, right, whenever we

decide to. So don't let that, the timing, be a thing. It's just a fun thing for

this particular episode and the timing is just so perfect because all the things

make it easier to have a reset right now. So Go through the five elements and see

how you could tie them to summer themes

Right, so How do you plan vacations? How do you have fun? What kind of routines

you have? How to have little adventures? How? how to Build into your routine and

different cadence for connection for communication

how to explore belief systems around vacation, summer,

leisure, fun, adventure, right? So you could kind of use all the themes,

apply them to each of the elements. So each of the elements add a little flavor of

summer, just to take it to the next level to be more specific and to milk the

energy that we have accessible right now just to make this a little more fun and

to have a proper reset because the energy just lends itself to it. So go through

each of the elements, doing what I offer so far, and then weave in a little summer

into them so that you have a proper reset so that this July you could plant a

flag so that the rest of the year can have a different flavor. You could take

things to the next level and have your next level of love. Okay, my loves,

hopefully that helped you. And you found that useful. Please give us a thumbs up, a

like, a rating, a comment, a subscription, a follow, all the things. It depends on

where you're watching this. Feel free to check out the description notes or the

page, it depends on where you're watching this. And I'm gonna list some other this

black pose, YouTube videos, and prior episodes to reinforce some of these comments so

you have the tools that you need to help you do each element and help take

yourself to the next level. Have a fabulous one and I will see you at the next

one. Bye.