

The Heart of Relationship

By MICHELLE THOMAS

A romantic relationship can be an inspirational place in which to reside. Sharing special moments with one's mate, feeling cradled in love and valued for who you are can be such an uplifting experience, but being vulnerable with someone else can be challenging as well. You may have entered a relationship in good faith and now have questions about the choices you are making. You are not alone. Many couples fall into routines and patterns that shift what used to be passionate, exciting and romantic moments into a humdrum existence, leaving you wondering what happened to the days of waking up on a sunshiny day to birds chirping and the glorious aroma of freshly brewed coffee wafting through the air as your mate brings you breakfast in bed.

If you are reading this, clearly your relationship is important to you. Whether your relationship is a relatively new one or you are simply contemplating the possibility of entering into this life zone, you may be experiencing some uncertainty or nervousness, which is quite common. The good news is that everyone can benefit from some key strategies imparted in coaching. Coaching creates a safe space in which to get crystal clear on your goals in relationship, learn in a fun and supportive atmosphere, brainstorm ideas, and practice the strategies. Activating yourself in this manner can have profound beneficial effects on both you and your partner. Cultivating, deepening, and maintaining a nurturing and loving relationship starts with your personal expansion and growth. When you connect to your deeper truth, to your values, and have emotions aligned with your goals, it leads to a more satisfying experience and can even have ripple effects on your most treasured relationships.

I invite you to invest in yourself and in coaching where you will learn to activate small steps to help you create your relationship bliss and to navigate any challenges you might face more skillfully.

