

thank you



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THANK YOU

The fastest way to draw more of anything in your life is to focus on it, to give thanks for it. Luckily there are a number of easy ways to introduce more gratitude into your relationships, both with your partner's participation and without.

When practising gratitude around your partner, it's not important to worry about what you give thanks for; being grateful that your partner took out the trash is just as powerful as being grateful for your partner's commitment and love.

The point of the exercise is simply to grow the feelings of appreciation and gratitude.

ON YOUR OWN

Start a gratitude journal and write down all the things you're grateful for about your partner. Spend ten to fifteen minutes a day doing this for about a month initially.

If writing is not your scene, you could do this exercise verbally, although many people find it difficult to focus on a verbal exercise for that long.

In crisis situations you could set a reminder to go off on your phone every couple of hours & do the exercise for 2-3 minutes each time.

WITH YOUR PARTNER

You could extend gratitude to your partner by sending a thoughtful text message, buying some flowers, preparing his or her favourite meal, thanking him or her verbally or giving him or her a compliment.

WITH A FRIEND

Spend time speaking to a friend who is supportive and have an only positive conversation about your relationship - no complaining allowed!

IMAGO GRATITUDE

The Imago Gratitude exercise is a brilliant exercise for couples who want to work on their relationship together.

Every day, at a time suitable for both of you, take three to five minutes to spend alone together. Sit next to or across from each other, and hold hands if you want to.

Then, each partner will take a turn listing three things they're grateful for in their partner for that day. At the end of each item, the receiving partner just says thank you.

'I'm grateful that you took out the garbage today.'
'Thank you.'

It doesn't matter what you give thanks for, it only matters that you spend time giving thanks to each other.



WELCOME YOUR PARTNER

Write a letter to your future partner welcoming them into your life, or write a letter to your current partner when you want to welcome them back emotionally after a relationship betrayal or trauma.

Intention can be a very difficult thing to set sometimes, and that's why processes like this serve such use.

In the time spent putting together a letter like this, you really have to think about the situation, to think about what you want, and a letter gives you a point of focus to do that. It also gives you an uninterrupted period of focus for you to effectively put your intention out there on an energetic level.

A letter like this is all about the future and what you want - the ideal version. When you spend time focusing on the negative with this, you merely call more of that into your life.

If you find the negativity getting in the way, try writing down all your negative thoughts separately to get rid of them first.

If you prefer a physical exercise then you could try emptying out cupboard space to make space for a future lover to enter your life; the universe rushes to fill a void.

My Precious Lover,

I'm writing to tell you how excited I am about our future together; beginning today, we both start a new chapter in our lives.

There are so many experiences I'm looking forward to sharing with you, experiences like...

I can't wait to introduce you to...

I am hopeful and optimistic that together we will be...

I want you in my world because...

The gift of love you bring is a precious one, one I must be worthy of.

I promise to always be...

I promise to always give...

I can't wait for the rest of our life together.

I welcome you into my heart, life, home, family and world.

I welcome you home to me.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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