



## Relationship Tips to Live By - Your Resource from the #BizLoveChallenge

**1. Live by the Magic Ratio of 5:1** - Happy couples have 5X as many positive exchanges as negative ones. Consciously lay on the appreciation, gratitude and any other positive exchanges as much as you can in your relationship - list 10 positive things you can do for your partner and implement at least one daily.

*Brought to you by Dr. Jenev Caddell of [www.mybestrelationship.com](http://www.mybestrelationship.com)*

**2. Always do more** - Go above and beyond for your partner. Always ask yourself, "how can I do more," and keep up this exercise together. The best businesses follow the philosophy of going above and beyond for their customers. The best relationships are the same.

*Brought to you by Holly Gillen of [www.videosbyholly.com](http://www.videosbyholly.com)*

**3. Set a timer** - Set firm boundaries in your business so that you can take care of yourself and your relationship. As an entrepreneur who loves what you do, you may frequently get caught up in your business. Be diligent with your time, set limits and don't get swallowed up whole by it.

*Brought to you by Sophia Chang of [www.sexmoneyuniversity.com](http://www.sexmoneyuniversity.com)*

**4. View your relationship as a mirror** - Give what you would like to receive. Whether it's more affection, intimacy or appreciation, offer it to your partner first. And never put your business over your relationship.

*Brought to you by Christine Miskinis of [www.momscoachforlife.com](http://www.momscoachforlife.com)*

**5. Let it go** - Instead of digging in your heels during every disagreement, swallow your pride, surrender the battle and let your partner win, even if you know you are right. Let it go. It will make them feel better, and you will feel better in the end.

*Brought to you by Jenn Scalia of [www.jennscalialia.com](http://www.jennscalialia.com)*

**6. Embrace your partner's imperfections** - Ask yourself, where are you being unforgiving with your partner's imperfections? Find one area to start with if there are many, and begin to embrace your partner for those imperfections.

*Brought to you by Andrea Sullenger of [www.andreasullenger.com](http://www.andreasullenger.com)*

**7. Mind your money mindsets** - Take responsibility for your own money mindset, and let your partner know how you feel if their money mindset really gets you down. Upgrade the other people around you so that you can do what you can to improve your money mindset, and don't get your business validation from the wrong sources.

*Brought to you by Denise Duffield-Thomas of [www.luckybitch.com](http://www.luckybitch.com)*



**8. Get more support** - Running a business can be all consuming if you let it be, which will only take away from your relationship. Always be clear on the projects that do not need you, and delegate them. Today and every day, ask yourself how you can delegate more so that you can have more time for the things and people you love.

*Brought to you by Dr. Priya Bains of [www.vfcoaching.com](http://www.vfcoaching.com)*

**9. Don't get caught up in the entrepreneurial world** - Dream together. Grab a glass of wine (or beverage of your choice), a notebook, pen, and snuggle up with your partner and start getting dreamy together. Make a list of 5-10 things you would like to experience together and how you can start planning for them now. Bonus points if you put the list somewhere you both can see it on a daily basis and schedule regular check-ins to revise the list or action steps as needed. Simple, fun, and an effective way to bring you and your loved one closer.

*Brought to you by Lamisha Serf-Wells of [www.lifeoncedreamt.com](http://www.lifeoncedreamt.com)*

**10. Trust your inner guidance** - Start spending time with yourself focused only on your inner guidance and what you need to feel great about yourself and your life. You can do this through journaling, meditating, spending time in nature — whatever works for you. Even if it's just 5 minutes a day to start, make a practice of it, and start honoring what comes up for you by following through with it.

*Brought to you by Anna Rose Renick of [www.annaroserennick.com](http://www.annaroserennick.com)*

**11. Give yourself space** - You don't need to process anything and everything about your business with your partner. If you feel that you are on the verge of doing so, take 3 deep breaths to give yourself the space to consciously choose what you wish to communicate.

*Brought to you by Juliet Turalski of [www.julesinspired.com](http://www.julesinspired.com)*

**12. Create a healthy sexual polarity together** - Women, embrace your femininity and connect with your bodies. Pick up a book about sex, get your partner on board, and practice together.

*Brought to you by Elsa Alexandra of [www.elsaalexandra.com](http://www.elsaalexandra.com)*

**13. Save your time and energy by cutting out the drama** - Ask yourself and your partner if it's really worth it before getting into a dramatic argument. Use a code word to warn each other that the drama is lurking. Focus on the end result together, do your own emotional intelligence work and ask for what you really want. Keep your dreams in sight at all times. And don't think you have to solve everything!

*Brought to you by Mair Millar of [www.thetoughestfight.com](http://www.thetoughestfight.com)*

**14. Make your relationship a priority** - Practice simple ways daily to grow together and take the time for a strong and loving relationship. Schedule the time to be together and put it in your calendar if that's what it takes to make it happen. Be sure to show your appreciation to your partner each and every day.

*Brought to you by Elaine Grace Copeland of [www.elainegracecopeland.com](http://www.elainegracecopeland.com)*

**15. Be consistent** - Make it a habit of implementing the above tips consistently to truly create a strong relationship. As you do this, remember tip #6 and embrace your own imperfections as well. No one gets relationships perfectly, so go easy on yourself just as you should go easy on your partner. Water your bond together like a plant with time, appreciation, intention and energy, and you are certain to watch it flourish.

*Brought to you by Dr. Jenev Caddell of [www.mybestrelationship.com](http://www.mybestrelationship.com)*