



The 8 Key Steps to a Great Relationship

Why having a great relationship
starts with YOU!

Contrary to all the relationship and dating advice out there – there is absolutely no need to rush out and hunt down your beloved.

Without self love, self respect, support from friends and family – you are bound to face a heavy and up hill struggle.

As with all strategic military campaigns - Preparation is Essential

Now it's your turn to get the 8 Key Steps to a Great Relationship – Why a Great Relationship Start with YOU!

Get to know, love and admire yourself – and your beloved will appear.

1

Setting the Stage: Get Your Groove back and love yourself first!

Forget about getting or having a great relationship if you don't like yourself

“If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.”

-- Barbara De Angelis
(American researcher on relationships and personal growth)

7 Easy Ways to Positive Self Esteem – In Just 5 Mins a day

1. Acknowledge your positive points : strengths, kindness, accomplishments – any size!, dreams, smile, eyes – anything!
2. Do the things you love : go for a walk, play with your child / pet
3. Surround yourself with positivity and humour : positive and supportive people, friends, people you enjoy having fun with
4. Re-frame all the crap : If your life has been less than ideal : your wife ran off with the plumber, your dog was run over, you hate your boss – change your perspective and find the lessons you were meant to learn!
5. Set Goals : The long, short and in-between – get fired up about them. Think of the key areas of your life : work/career, relationships, health,

money, community, learning, hobbies/interests, church/spirituality

6. Give to others : Giving and helping others makes us feel good. There is always someone in a worse state than you – in the neighbourhood, country, or across the planet.
7. Be thankful! An open and grateful heart – is happy, vibrant and a powerful magnet!



2

Decorate Your Life With Your Interests And Passions

Paint Your Own Canvas

*“It is the child in man that is the source of his uniqueness and creativeness,
and the playground is the optimal milieu for the unfolding of his capacities and talents.”*

-- Eric Hoffer quotes (American Writer, 1902-1983)

A life or a person unexplored is a waste of many opportunities to grow and expand.

Get to know yourself – your gifts, talents – no matter how small you think they are, they are you and you are already worthy of all the love and compassion from a vast Universe.

Explore what makes you – YOU:

- | | |
|-------------------------|------------------------------------|
| 1. your interests : | Frisbees, hot dogs, painting |
| 2. your skills: | computers, flower arranging, |
| 3. your likes/dislikes: | outdoors, indoors, |
| 4. your talents: | good listener, kindness |
| 5. your creativity: | music, design |
| 6. your positives: | quirky, sense of humour, great dad |
| 7. your potential! | Limitless! |

Don't try and change the “essential you” to fit in the right crowd or to be noticed. We all have unique gifts and insights and these are to be acknowledged and respected.

If you have never been appreciated for just YOU – then now is the time to DIY it!

Celebrate you!

Read your list everyday – it takes just 5 mins! And don't forget to add to it when you start to explore more avenues and interests.

3

Create A Network Of Good Relationships

Build a foundation of positive contacts : Friends, Family, Associates

"It is one of the blessings of old friends that you can afford to be stupid with them."

-- Ralph Waldo Emerson

In our busy lives, and the media focus on the "ideal – life changing – soul mate" relationship we often forget or overlook some powerfully fulfilling relationships with friends, family, and colleagues.

A strong network will reduce the pressure to have the "one" to fill your life completely – giving you both some breathing space...

Aaahhhh – Doesn't that feel good already..

Nurture your relationships - family or friends – by having regular meet ups or fun rituals such a baseball game, anniversaries, birthdays. Try and remember birthdays – and if you forget send a belated card. Yes it does matter!

If life is busy – why not invite all your various friends together to a movie or event, that way you can meet up with everyone, and they can all network and get to know new people.

Create a strong support network, give and take, and let that be a source of inspiration and guidance when you venture on to dating/mating/relating!

Some Ways to Make New Friends – Meet New People

- At work
- Evening class
- Sports team
- Workshops
- Book readings
- Any other hobby related activity
- Social / Networking Organisations



"With every friend I love who has been taken into the brown bosom of the earth a part of me has been buried there; but their contribution to my being of happiness, strength and understanding remains to sustain me in an altered world."

-- Helen Keller

4

Decide What You Want And What You Don't

Picture Perfect Reality

"A mental picturing of that which we want, with the complete acceptance and the conviction that it is ours now, will bring it quickly. See it in its 'isness'".

--Lester Levenson, from The Ultimate Truth

Take the time to create a clear list of the qualities you want in your beloved.

Consider : likes/dislikes, hobbies, quirks, habits, manners, beliefs, religion, values, money handling, looks (within reason!), personality

Try and link up this idea person to your own values – to determine whether they would be right for you.

(If you're struggling to clarify what you want in a person – simply ask yourself what you absolutely do not want!)

Now everyday visualise this wonderful person as if they are sitting right next to you – i.e. you have what you want right now. Combine really positive wow feelings and gratitude as you thank the Universe for your beloved – and anything else you want!

Do this for 5 mins every day.

Note : Always feel the feelings to add a blast to your visualisations

A great resource which I can personally vouch for is Jon Mercer's Program : **Attract Anything**. [Click here](#) for more details.

If you fancy a full blown mind blowing way to visualise why not [Create Your Own Mind Movie](#)

And as they say : "Failing to plan - is a plan to Fail" Don't get or attract by default, have a strong and clear idea what you want and go after it!

5

Dating SOS

The Art and Science of Mating

“My boyfriend used to ask his mother, ‘How can I find the right woman for me?’ and she would answer, ‘Don't worry about finding the right woman - concentrate on becoming the right man.’”

-- Anon

"EDP" : Essential Dating Principles

1. Recall your wish list
2. Define what behaviour is / is not acceptable
3. Don't rush into physical intimacy – wait until at least 2 - 3 months, and only if you are comfortable
4. If he / she has ticked most but not all boxes, consider at least 3 dates before making a decision whether to keep meeting them or not
5. Follow your intuition - if something doesn't feel right it probably isn't

Dates 0 – 3

- Do not reveal all your dirty laundry, past relationships, 'issues', get clingy, plan marriage in your head, play games
- Do discuss your job, interests, friends, goals (not too much detail though), be honest and relaxed
- If they compromise anything of importance to you, your feelings, boundaries – do not meet again
- If they are 60-70% acceptable have at least 3 dates and then make your mind to progress to stage 2

Dates 4 – 8

- Don't push the relationship, play it cool, ask questions learn about each other
- Pay attention to what they say, and note all courtesies, good manners, consideration. Also note what is missing!
- Acknowledge each others thoughts, opinions, feelings, and differences. Accept them for who they are
- Don't compare them to past lovers – as everyone is unique. (However pay attention to see if you are attracting / attracted to a similar person – i.e. is there a pattern? Do you attract angry violent men? Or needy manipulative women. Break the cycle!)
- Be creative with your dates! Ok you've been to the café, movie theatre, dinner – what else?!
 - Plays / Theatre
 - Comedy clubs
 - Sports game
 - Jaz café
 - Tennis
 - Gym
 - Hike / walk
 - Boat ride
 - Creative writing workshop
 - Book reading / discussion
 - Wine tasting
 - Think outside the gumball machine!



For more creative date ideas [click here](#)

Dates (9 – 12)

- Be honest and discuss what makes you happy / unhappy in the relationship.. i.e. ways to improve, update, jazz up!
- Discuss some important issues to you – friends, family, money management, long term goals, dreams
- Listen without judging – to truly get the message
- Set a few 'mini' goals or future events that you can plan together e.g. a short break, convention
- Do not compromise your 'essential' you or your values
- Discuss how you would like to see the relationship unfold but don't get too heavy
- If he or she is vague : it's time to ask some serious questions!

6

Intimacy Essentials – The Emotions Have it So Close – Yet so Far

*“I’m certain that most couples expect to find intimacy in marriage,
but it somehow eludes them.”*

-- Dr. James C. Dobson

Emotional Intimacy Always Comes Before Physical Intimacy

No Respect or Appreciation	=	No Friendship
No Friendship	=	No Emotional Intimacy
No Emotional Intimacy	=	Unfulfilling Relationship

Emotional intimacy means the courage to share the deeper parts of yourself, your important goals and dreams, childhood memories.

Keep In mind the emotional intimacy essentials:

1. You and only you is responsible for your happiness. Your partner should be a source of love, support, kindness and consideration – but they are not your therapist. Don’t expect them to save you from a bad childhood or relationship history.
2. Only share your feelings, memories etc when the time is right for you and not out of sense of obligation. You will only feel resentful
3. Acknowledge your feelings and thoughts and that of your partners
4. If you are having problems / conflict : break down the problem into parts – and don’t blame, make fun, criticise

E.g. If he or she gets in a mood when you go out with your friends, explain that everyone needs friends and a support network, and encourage them to do the same.

5. Accept them for who they are – don't try and change a person.
6. Have some 'couple' rituals – regular bonding time
7. Don't avoid or skirt difficult issues like : money management, friends, work/life balance
8. Don't be a coupling! Keep your own uniqueness, identity, thoughts, opinions. You will have more self-respect and receive more respect from your partners and the world.
9. Commit to your own personal growth – you are only responsible for your own happiness.
10. Don't indulge in vicious punishment or resentments – talk it through. And remember it's far better to reward and praise and ignore the rest (within reason)

“It is not time or opportunity that is to determine intimacy;-- it is disposition alone. Seven years would be insufficient to make some people acquainted with each other, and seven days are more than enough for others.”

--Jane Austen
(British Novelist and Writer, 1775-1817)

Physical Intimacy

Always Always clarify the boundaries – the timeframe, your likes and dislikes, and do not rush or be pushed into anything you are not ready for or comfortable with.

When it doubt : Always wait.

Asking a few innocent but gentle questions will give you an idea of what works for them. Remember subtly is the key!

Do ask : How do you like your hand held or massaged?

Do not ask : When and how was your best Orgasm?

Do ask : Do you like this touch / action?

Do not say : Well it worked for my ex!

For some ideas on sensual touch [click here](#)



7

Reinforcements Required

Get Some Good Habits

Whether it's been months, years, or even decades every relationship needs regular positive habits, updating and refreshing.

*When I was young, I observed that nine out of ten things I did were failures.
So I did ten times more work,*

--George Bernard Shaw

All great things in life need a bit of tweaking and tinkering. Remember Rome was not built in a day, and you will not have the ideal relationship or partner overnight.

The better your friendship, honesty, communication, and problem / conflict solving skills – the better your relationship will be.

Think of new ways to surprise and express your love and care for your partner : think of the things that they like, enjoy, what they need, and what makes them happy.

If you have been together for a while, experiencing problems with intimacy physical or emotional – consider gentle sensual touching without the pressure or performance.

Visit : www.erotic-massage-guide.com for more details.

*Put your heart, mind, intellect and soul even to your smallest acts.
This is the secret of success.*

--Swami Sivananda

8

Keep it Simple Stupid

Be Light and Playful – like a Child

“People rarely succeed unless they have fun in what they are doing.”

--Dale Carnegie quotes
(American lecturer, author, 1888-1955)

I'm sure you'll appreciate that life is busy and stressfull as it is – the last thing you need is relationship stress and nightmares.

Be smart, identify what you want, have a plan of action, but enjoy the journey. Life is short enough so you don't want to have a shed load of regrets and unexplored dreams or missed opportunities.

So my advice to you - as a friend and someone who has been there before : keep it simple, light and fun.

Seek out ways to relax yourself and your mind : meditation, yoga, deep breathing, going for a walk

Seek out ways to soothe the soul : Meet a good friend, play with a child, paint

Seek out ways to connect : Say hello to a stranger, chat to your neighbours

Seek out what you deserve : Don't settle for second best, or a big compromise on your core values and beliefs

“The essential self is innocent, and when it tastes its own innocence knows that it lives for ever.”

-- John Updike quotes (American writer, b.1932)

Resources

[Personal Development Audio Programs and MP3s](#)

[Romantic Date Ideas](#)

[Color Analysis](#)

[Your Stress Management Plan](#)

[Diet and Nutrition : Personalised Plans](#)

[Sensual Touch / Intimacy](#)