

“HOW TO KEEP PASSION & COMMITMENT ALIVE!”

By Dr. Cindy Brown, “The Relationship Strategist.”

Our busy schedules and lives seem to take a toll on our ability to take care of ourselves, and to show up our best in our lives and relationships. I have found that the majority of people/couples I coach have one thing in common - they are spending more time on work and responsibilities and less time on self care and nurturing activities...ultimately this practice can have a detrimental affect on how you show up in your relationships. DO YOU want to know a tip about how to keep your passion and commitment alive?

TAKE CARE OF YOURSELF FIRST!

1. Write down a list of activities that renew you and make you happy and rejuvenated. Some of my activities are: daily 30-40 minute naps, morning exercise, reading and/ or listening to motivational material, morning spiritual ritual, rollerblading, shopping, meditating, sushi, massage, facials, nails, etc.
2. Take out your calendar and schedule at least one of the activities that you wrote down from your list above each day, add more if your schedule allows for it (yes, put it in your schedule just like an appointment with a client or doctor). Studies show people are more successful when they plan and schedule.
3. Continually monitor your daily schedule and activities in order for you to assess how it is impacting your life and relationships - positively or negatively. Adjust it as necessary. Make sure you plan everyday, otherwise as you know your life takes over and everything else falls by the wayside!

Research shows that people who know and take care of themselves have better relationships and a better quality of life. ***Do yourself and your partner a favor, pay attention to yourself first and your life and relationships will be as great as you are feeling and being!***

If you can't do it on your own, I can show you how...

Remember: In order to be the person you have never been, In order to have the **Life and **Relationships** you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!****

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