

Welcome!



Elevate

Taking Your Relationship to the Next Level

ENLIGHTEN



EMPOWER
YOURSELF



LAY THE
FOUNDATION



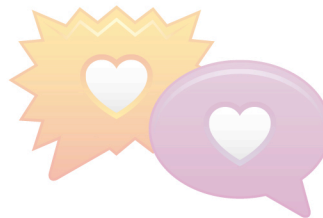
ENLIGHTEN



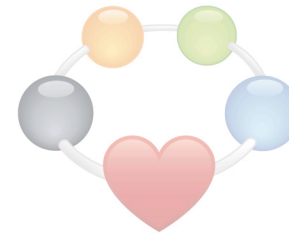
VALUE



ATTACH



TAME



ENGAGE

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Remember Positive Memories



**“To look backward
for a while is to
refresh the eye, to
restore it, and to
render it more fit
for its prime
function of looking
forward.”**

Margaret Barber

Remember

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Remember Positive Memories



This?

Or this?



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Brain Research



Past Events



Future Events

Remembering the Past May Influence
Imagining of the Future

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Video: The Story of Us



#005

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The Story of Us



- ✓ When/how did you meet?
- ✓ When did you know this relationship was different?
- ✓ When did you decide you were committed?



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The Story of Us



INTIMACY:
IN-TO-ME-YOU-
SEE



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Shared Meaning is Important!



#008

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Love Maps



- ✓ The information you store about your partner's dreams, joys, fears, likes, and dislikes, etc.
- ✓ Happy couples know about each other's worlds and they regularly seek updates about each other.



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Love Maps Game



**How current are
your love maps?**





Love Maps



A “love map” is information you know about your partner’s likes and dislikes, hopes and dreams, joys and fears. Much like being sure we have an up-to-date road map, we need to be sure our love map also stays current.

Answer the questions below about yourself. Then answer the same questions about your partner. Compare your answers. How well do you know each other? Did you learn anything new?

Life Experiences and Memories

Who is your best friend? _____

What do you like most about yourself? _____

What relative did you feel closest to as a child? _____

What person has had the greatest impact on your life? _____

If you had a nickname as a child, what was it? _____

What is your favorite childhood memory? _____

What song reminds you of your relationship? _____

What is your favorite memory of an activity, event, or vacation you and your partner share? _____

What is something you are currently worried about? _____

Interests and Favorites

What is your favorite hobby? _____

What is your favorite sport? Favorite team? _____

If you could go anywhere, where would you go? _____

What is your favorite food? _____

What is your favorite ice cream flavor? _____

What is your favorite television show? Favorite movie? _____

Preferences

Where do you like to go when you need to relax? _____

Are you a morning person or an evening person? _____

Do you prefer dinner out or dinner at home? _____

Do you prefer hugs, gifts, or when your partner says “I love you”? _____

How do you prefer to spend your free time? _____

What other things do you want your partner to know about you? What do you want to know about your partner?

***The more you know about your partner, the greater the chances
of a happy, lasting relationship.***

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Setting Expectations in the Relationship



Vacations
Money
Work
School
In-laws
Sex
Children
Housework



Great Expectations



Expectations play a crucial role in how happy a couple relationship will be. When expectations are unstated, unreasonable, or unmet, this can become a source of significant conflict in the relationship. Take a moment to think about what you expect in your relationship. Mark the appropriate box indicating who is responsible for each item – you, your partner, or is it something you think you should work on together?

Expectations I have for my relationship

**Me Partner Both
of Us**

Example: <i>We will talk first before buying things that cost more than \$50.</i>			X

Are all of your expectations realistic? If not, can some be adjusted so your partner is more likely to meet your expectations?

Is your partner aware of the needs and expectations you listed? If not, how can you let your partner know?

Things to Remember:

- Communicate your expectations – do not expect your partner to just “know.”
- Be sure your expectations are reasonable.
- Expectations will change over time. Plan time to regularly share and discuss your expectations, why you have them, and how you can work together to achieve them.
- Healthy relationships require some give and take. Just as you want your partner to do things a certain way, he or she has similar wishes.

Being aware of and agreeing about expectations reduces the chances for arguments and increases the chances for understanding each other.

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Setting Expectations in the Relationship





Talking About Money



If you sometimes disagree about money, then you are like most other couples! Every couple handles money differently. What matters most is that couples have a plan they agree on and work together to make it happen.

Clear Expectations. Getting a plan started requires that you first have similar views about money and how it is handled. Here are some questions to get you started:

- Who manages the money? Does one person take charge or do you work together?
- Will you have separate bank and credit accounts, or open one or more joint accounts?
- Do you have similar goals for bigger items like buying a car, getting a new TV, owning a home, doing some home improvements, or going on a vacation?
- How much money do you want to have in savings?

Setting Goals. When you talk about your goals and write them down, you are more likely to stick to your plan. Discuss your needs (what you *must* have) and your wants (what you would *like* to have). What do you have in common? List them below.

Things We Both Need:

1. _____
2. _____
3. _____
4. _____

Things We Both Want:

1. _____
2. _____
3. _____
4. _____

Reaching Your Goals. There are many ways to reach your goals. Coming up with more than one way can be helpful in case your first plan does not work out. Select one of your needs or wants from above and come up with ways you can work together to reach that goal. After you come up with your steps, talk about the pros and cons. Make changes as needed. Set a target date when you hope to reach your goal.

Need/Want: _____

Steps to Reach Goal

1. _____
2. _____
3. _____
4. _____
5. _____

Pros

Cons

Target date to reach goal: _____

Additional Things to Consider.

- How might your spending or saving habits need to change to reach your goal?
- Schedule a regular time (each week, every two weeks, or each month) to talk about your progress toward your goal. Is your plan working? Are there some small changes you need to make to help you reach your goal? Have your goals changed?

Learning about each other's wants and needs and setting financial goals can lead to greater understanding, which leads to happier relationships.

Financial Goal Setting

Plan a sound financial future by setting S.M.A.R.T. goals. These goals will make it possible for you to actually reach them.

S. Specific—detailed, not generic.

M. Measurable—how much, how many? Track the progress and measure the outcome.

A. Attainable—can accomplish them.

R. Realistic—something that can be done.

T. Time sensitive—with an ending date.

Post your goals so you can see them every day. Put them on your mirror or refrigerator. Post a picture of the goal too. Be sure that the goals involve the whole family. Before you plan to spend money, ask Will this activity help me to reach my goals? Change or adjust goals as circumstances change.

Financial Goals

Short-Term Goals (within 12 months)	Total Cost	Needed Per Month	Target Date (for goal completion)
Reduce credit card debt by \$1,200	\$1,200	\$100	December 2014
Intermediate Goals (within 1 to 5 years)	Total Cost	Needed Per Month	Target Date (for goal completion)
Long-Term Goals (more than 5 years)	Total Cost	Needed Per Month	Target Date (for goal completion)

Your Expense Planning Charts

Use charts below to help you determine how much money you need each month to meet expenses.

Chart 1. Fixed Monthly and Occasional Expenses				
Enter each item in column A or B, not in both.	(A) Yearly totals of occasional expenses		(B) Estimated monthly expenses	
Housing (rent/mortgage payment)				
Electricity/Gas				
Water				
Telephone				
Cell Phone				
Cable/Satellite/Internet				
Taxes and Fees (property, auto, etc.)				
Auto Tag				
Insurance Premiums				
Life				
Auto				
Health				
Homeowners/Renters				
Auto Payments				
Charitable Contributions				
Credit Payments				
Family Allowances				
Retirement				
Savings				
Day Care				
Totals	(A)		(B)	
Divide total of column A by 12 and enter here			+	
Total amount to set aside each month for fixed expenses			(C)	

Chart 2. Flexible Monthly Expenses		
	Estimated monthly expenses	
Food/Groceries		
Household Expenses and Supplies		
Medical Expenses (medications, copayments)		
Transportation Expenses (gasoline, oil changes)		
Gifts		
Entertainment		
Subscriptions		
Eating Out		
Clothing		
Personal Care		
Children's Miscellaneous Expenses		
Total Flexible Monthly Expenses	(A)	
Total Fixed Monthly and Occasional Expenses (Enter line C of chart 1)	(B)	
Total Estimated Monthly Budget (line A + B above)	(C)	
Estimated Monthly Income	(D)	
Estimated Monthly Expenditures (line C above)	(E)	
Estimated Difference (line D - E above) (F)		

Action Plan

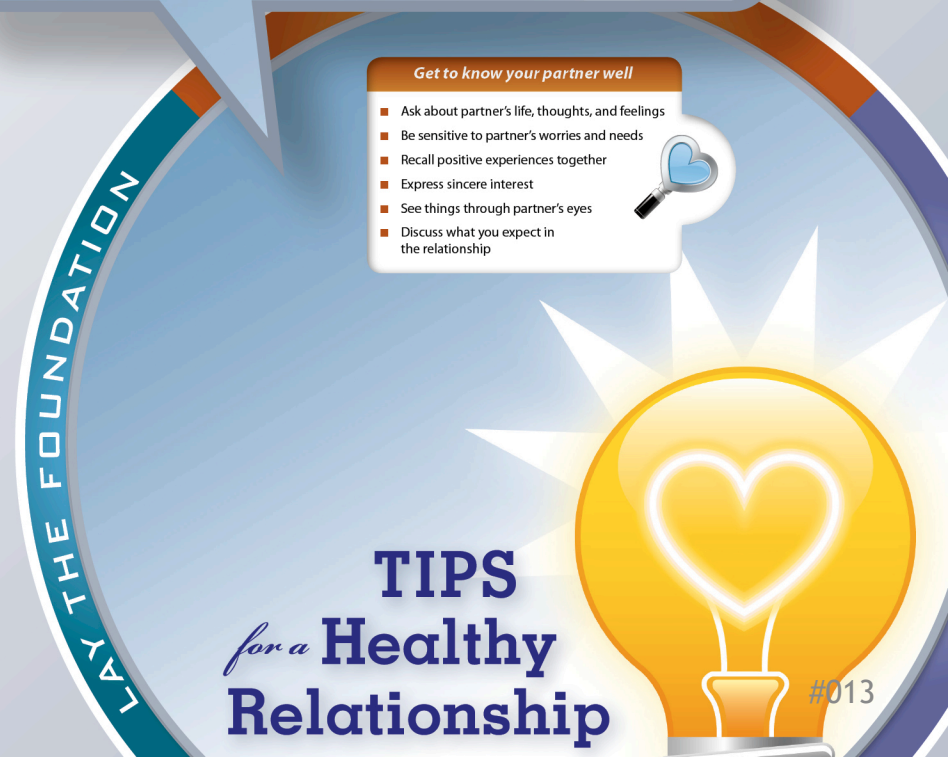
What do
you plan
to do?



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Get to know your partner well

- Ask about partner's life, thoughts, and feelings
- Be sensitive to partner's worries and needs
- Recall positive experiences together
- Express sincere interest
- See things through partner's eyes
- Discuss what you expect in the relationship



LAY THE FOUNDATION

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TIPS
for a **Healthy Relationship**

#013

Tips For a Healthy Relationship



EMPOWER YOURSELF—Individual health impacts the health of couple relationships. Taking care of yourself first can help improve the wellness of your relationship. Below are some ways that you can *Care for Self* and help your relationship:

- Eat healthy and exercise regularly.
- Set regular sleep and wake times for yourself.
- Notice and appreciate the small, good things in your life to help you find greater happiness and satisfaction.
- Find ways to use your strengths to serve your community.
- Look for the positive meaning in your life.
- Learn to manage stress in more healthy, effective ways.



LAY THE FOUNDATION—Are you making deliberate and conscious decisions about your relationships? It is important to be intentional when establishing and nurturing healthy relationships. Here are some ways to show how you *Choose* to strengthen your relationship:

- Make the decision to enter into a relationship rather than sliding into one.
- Commit and provide effort in the relationship.
- Focus on each other's strengths, and what each of you brings to the relationship.
- Avoid thoughts and behaviors that could potentially be hurtful to one another.
- Find positive and effective ways to grow your relationship.
- Envision and set goals for a healthy future together.



ENLIGHTEN—How well do you know your partner? Sharing and developing an understanding with your partner creates stability and increases awareness of your partner and the relationship. Here are some ways you can get to *Know* your partner better:

- Ask about your partner's life, thoughts, and feelings to get to know them better.
- Be sensitive to your partner's worries and needs.
- Think back on positive experiences you have had together.
- Express sincere interest in what is happening in your partner's life.
- See situations through your partner's eyes to gain a better understanding of how they look at things.
- Discuss what you expect in a relationship with one another.



VALUE—Keeping a relationship healthy is the responsibility of each person in that relationship. What do you do to show support, affection, and respect for your partner? Here are some ways to show that you *Care* for your partner:

- Show respect by expressing caring actions towards your partner instead of crabby reactions when he or she has had a stressful day.
- When communicating, be open and listen to your partner.
- Focus on the good in your partner.
- Accept and value the differences that you and your partner share.
- Give love in the way your partner likes to be loved.
- Show appreciation as a way to make a deposit in your relationship account.
- To maintain a strong relationship, make time for togetherness and moments of connection.



Getting to Know Your Partner Well

Why is Know Important?

Know is about understanding your partner and sharing details about yourself with each other. This type of shared knowledge will help you to create and maintain a stable, healthy relationship. Just like in friendship, we must work hard to really know our partner. No one stays the same – we are changing all the time! Over time, our circumstances, stressors, and environment changes. The passing of time makes us change too.



Intimacy = “In-to-me-you-see”

Continue to get to know each other even after you’ve dated and been together for a while. If we do not stay tuned in, we can get out-of-date with our partner. It’s also important for us to understand ourselves as we change over time. Being open and honest with each other requires being responsive and accepting.

When your partner tries to connect with you, use that moment as a chance to feed the relationship. For example, if one partner says: “Wow that sure is a beautiful sunset out there,” the other partner has three choices as to how to respond.

- *Turning toward* – “Wow, let’s go outside and look at it!”
- *Turning away* – Ignoring the partner’s comment or continuing with something else.
- *Turning against* – “Can’t you see I’m busy right now? Why do you always interrupt me?”

Can you guess which one connects and promotes “in-to-me-you-see”?



How well do you know your partner?

- *What does your partner like to do for fun?*
- *What is your partner’s family like?*
- *What kind of food does your partner like to eat?*
- *Where does your partner like to spend his or her holidays?*
- *What does your partner like better – texting, emailing, or talking on the phone?*
- *What is your partner’s greatest fear?*
- *What kind of job would your partner like?*
- *What are your partner’s dreams for the future?*

To get to know each other you need to spend time together. Take time away from the dishes, the laundry, work, and other obligations. Spend time talking!

What to Know: The 10 Ps

Here is a list of things to know about a partner in the beginning stages of a relationship or even before you start dating. Check the ones you don't know and ask your partner about them.

- *Personality* – What are your partner's qualities and characteristics?
- *Passions* – What are his or her interests? What does your partner really care about?
- *Plans and Priorities* – What are your partner's hopes and dreams for life? Where does s/he plan to be in ten years?
- *Previous Partners* – What do you know about your partner's past relationships and experiences within those relationships.
- *Perspective Taking* – How good is your partner at seeing things from someone else's point of view? Does it come naturally? Does s/he focus on the positives or dwell on the negatives?
- *Problem Solving* – How does your partner manage conflict and disagreement?
- *Past Family Experiences* – What are your partner's relationships with family members like? How similar or different does your partner expect your relationship to be?
- *Physical/Psychological Health* – How is your partner feeling today?
- *Parenting Experience and Approach* – Does your partner want kids? What type of parent would s/he like to be? How well does your partner interact with kids?
- *Provider Potential* – What does your partner do to earn money? How does your partner manage money? Is s/he a spender or saver?



My Action Plan



What will you do to ELEVATE your love?

Empower Yourself

Lay the Foundation

Enlighten
