

Month 2 Workbook

Creating Exceptional Relationships

STR  BEL
EDUCATION

Lesson 1: Creating Exceptional Relationships

Marriages & Partnerships

“Close relationships, more than money or fame, are what keep people happy throughout their lives. Those ties protect people from life’s discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes.” —Harvard Research Study

Lesson 2: Marriages & Partnerships

“Women are expected to work a full-time career as if they don’t have children and raise children as if they don’t have a full-time career.”

What are your thoughts around this quote? Did you see this in your own relationship with your partner or spouse?

What are some jobs/responsibilities that could be shared? Make a list.

What is your next step to bring you more peace, time, and space in your life?

Lesson 3: The Quality Time Strategy

Strategy 1: Quality Time - The Magic 5!

1. **Partings:** Give warm farewells. Gottman says it takes 2 min. Five days a week for a total of 10 min.
2. **Greetings:** Have a debriefing conversation at the end of the workday. Gottman says shoot for 20 min. For 5 workdays for a total of 1 hour 40 min. Per workweek.
3. **Admiration and Appreciation:** Find a way to compliment your spouse every day and show them you appreciate them. 5 min x 7 days = 35 min a week
4. **Show physical affection.** Hug, pat, kidss, touch. Gottman specifically advises goodnight kisses. 5 min a day x 7 days a week = 35 min.
5. **The Weekly Date:** Gottman says 2 hours a week, once a week to connect, chat, dream, plan, and enjoy each other!

The Seven Principles for Making Marriages Work, by John Gottman

What are your thoughts being more intentional with your relationship? How will you make this happen?

Lesson 4: The Love Languages

The Love Language Test

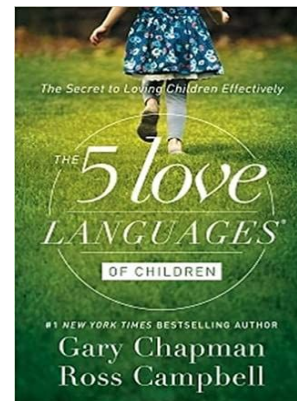
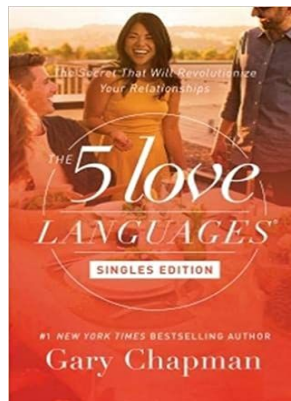
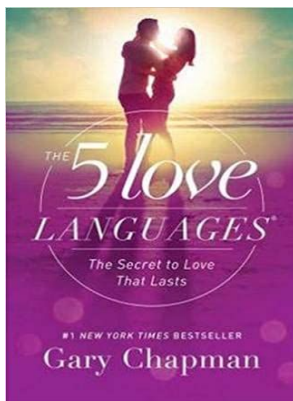
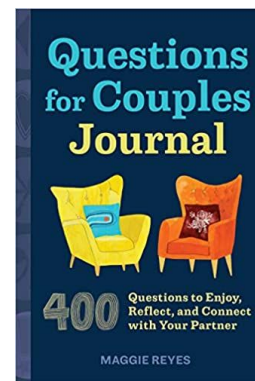
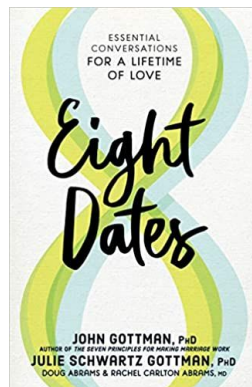
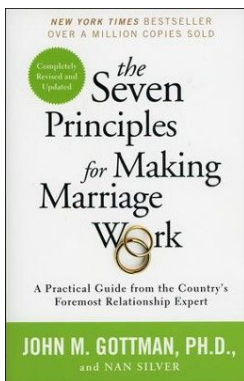
Dr. Gary Chapman in his best-selling books on the love languages says keeping the “love tank” full is as important as keeping your automobile tank full. He believes there are five love languages, which are five ways we feel, speak, and understand emotional love.

Love Language Type	How to Communicate	Actions to Take
Words of Affirmation	Encourage, affirm, appreciate, compliment, listen	Send an unexpected note, card, or text.
Acts of Service	Let them know you want to help lighten the load.	Help with chores, take the kids to their appt., take care of tasks.
Quality Time	Uninterrupted and focused conversations. One on one time.	Take walks, create special moments away from TV or technology.
Physical Touch	Nonverbal body language. Touch.	Patting, kissing, hugging, massaging, holding hands, and yes sex.
Receiving Gifts	Thoughtfulness, making your partner a priority.	Flowers, cards, notes.

Take the five love languages assessment: <https://www.5lovelanguages.com/>

Books & Resources

My favorite books and resources for creating
EXCEPTIONAL relationships.



Gottman Card Decks 17+

Improve your relationship
[The Gottman Institute](#)

★★★★★ 4.8 • 682 Ratings

Free

NOTES & REFLECTIONS

If you can't see your value, the world
can't give you value back.

You Are More Than a Mother

If you need more encouragement to take care of your well-being and to know you matter, read these articles.

It's Okay To Remember That You're More Than A Mother

[CLICK HERE TO READ](#) Link: tinyurl.com/SFJ-More-Than

You were someone before you were their mom—and she still matters

[CLICK HERE TO READ](#) Link: tinyurl.com/SFJ-Before-You-Were

Two Ways to Get More Joy

Listen to the
She Finds Joy Podcast

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