



W O R K B O O K

7 Little Sacrifices to make a Big Impact in your Relationship

This ultimate mini-guide will help you avoid easy mistakes and big consequences in your everyday lives.

By
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Introduction

The workbook is filled with those "little" things, those sacrifices we make every day to keep our relationship happy and healthy.

Science and psychologists agree: without these mundane but monumental gestures of respect, our relationships suffer. In fact, as selfishness creeps in, you slowly drift apart.

This workbook + guide has some space to write answers directly into the e-book, but if you don't have time to write things down, just let these prompts guide your reflection.

Your relationship is built on trust, love and shared vision. Let this guide illuminate some of the potential potholes on your journey - those mistakes to avoid - as you build a better today and tomorrow with your partner.

Kind regards,

Kathryn Gordon



7 Little Sacrifices

Make a Big Impact in Your Relationship

1. Stop + Listen

It's easy to "stay in the zone" when you're in the same space as your spouse, tending to your own needs or responsibilities. But if your partner begins to speak, share or read something to you, stop what you are doing to listen to engage with what they are saying. Imagine if it were the opposite. What if it was you, trying to talk to your partner, and they kept their earbuds in, ignoring every word? Wouldn't that annoy you? Maybe it would start a fight? Just as continuing + ignoring creates friction and distance, so stopping + listening draws you closer. Your attentiveness will go a long way to building connection and empathy.

2. Agree to Help Spontaneously

Most of life is unplanned. Despite how we may map out our days, weeks and months, much of our time is spent responding to situations that arise in the moment. The same is true in a relationship. As small as it sounds, if your partner asks you to pick up groceries on the way home from work, and you've just left a hard day at the office, do it anyway. It only takes a few moments to build that sense of team into your romantic partnership.

3. Respond to connection "bids"

John and Julie Gottman, experts in marriage success and founders of the Gottman Institute, explain how we often volley "bids for connection" with our partner in conversation, whether commenting on the anticipated traffic going to work or neighbor's beautiful landscaping while together on an evening walk. When partners respond to this "bid," it greatly increases the success of a relationship. They call this "turning towards your partner." I like that. It reminds us to validate and honor the thoughts and interests of our loved one, deepening the connection.

4. Negotiate the small stuff

Depending on your personality, you or your spouse may be fairly stuck in your ways. It is tempting to stand your ground, draw a line, and attempt to force your partner to agree or comply. But this kind of stubbornness does not build a stronger connection. In fact, it may slowly deteriorate the relationship by building friction, frustration or resentment. If the habit or routine is not going to significantly impact your ethics or identity, negotiate. Maybe it isn't worth losing them over whether you load the toilet paper face down or bottoms up.

5. Serve in the Day-to-Day

We need one another in a relationship, especially when you add a family, shared vision or business to the mix. At one point in our marriage,

I hit a breaking point. My son Cole & I were constantly touring for his tennis tournaments, and Jade's lacrosse meets. I needed Jon to stop speaking 10-12 times a month. After sharing my needs, Jon agreed to serve us in this way, language or tone how they are spending much more time at home feeling in the moment, without and carrying this balancing act with the kids' needs. His service meant the kids did the kids begin to thrive, but so did our marriage. He understood my burdens more, and shouldered these moments; don't let them pass the leadership of family from a heart by service. It made all the difference. Together, we truly created a team, a "we not me," that helped us all win higher success rate in a relationship. and grow in love, trust, and integrity.

7. Express Gratitude

You might have guessed this one, but those small "thanks, honey" moments go a long way towards predicting a lasting, healthy relationship. When you see your partner respond to a need, tend to a task, remember a date, listen to your needs or desires, say yes to sex, and yep, take out the trash, any expression of thanks goes a long way. All of us need to feel appreciated and admired, and by owning this part of the relationship, you remind your loved one that you are not taking them - or your relationship - for granted. Make it a fast-pass; don't let the moment slip away. Just say it quickly, as they continue on with their day, or make it more pointed, and create a tender moment where you truly thank them.

Either way, you're building a key part of the foundation of your relationship, just by saying "thank you."

Which Sacrifices?

From the 7 sacrifices, jot down which ones are EASY or HARD for you to maintain.

THESE ARE EASY FOR ME:

- ▶
- ▶
- ▶
- ▶

THESE ARE HARDER FOR ME:

- ▶
- ▶
- ▶
- ▶

**PRACTICAL WAYS
I CAN TRY TO DO
THE TOUGHER
ONES:**

Sacrifice "Real Talk"

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself. We're getting real here. No cheating! We want the raw truth.

Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 points for 'No'.

- | | Yes | S | No |
|---|--------------------------|--------------------------|--------------------------|
| 1. I stop + listen to my partner when they talk. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I agree to help them, even spontaneously. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I respond to connection bids, even if I'm tired. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I gladly negotiate the small stuff. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I serve in the day-to-day needs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I answer "emotional calls" even if silent. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I express gratitude and admiration. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Your total score

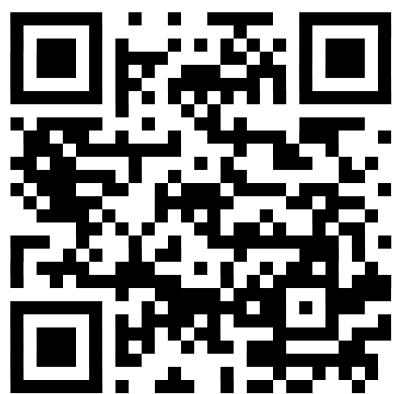
What did you learn about yourself?

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