

8 Top Tips on how to have an ultimate relationship

Whether you're single or committed, these are our top 8 tips on creating the ultimate relationship:

1. **The power of integrity-** This is the foundation of any great relationship. To create lasting trust and confidence, always speak your truth and behave in a way that is in harmony with your personal values. Always stay connected through integrity and love!
2. **Nourish each other's soul –** Discover your partner's primary love language to help you connect with your loved one with intimacy and fulfillment. Fill your partner's 'love bucket' by expressing love in their love language (acts of service, physical touch, quality time, words of affirmation or receiving gifts).
3. **Be kind and generous-** Be kind in all that you do and make it a habit. Kindness feels good in both the giving and the receiving, it's the essential food for love between the two of you. Be generous in your actions and do things for each other that are genuinely from your heart.
4. **Be vibrant and attractive-** Never get lazy in love and never take each other for granted. Have regular date nights and let your man carry you away in his masculine presence allowing your femininity to flow. Take care of your skin, your clothes, your health, your body and mind- taking care of yourself feels good. Make time to be together, collecting experiences rather than possessions. Energise each other!
5. **Be emotionally open and vulnerable-** Be vulnerable by sharing your faults, fears and failures, let down your guard and remove the mask. Knowing your feelings and sharing your feelings is an integral part of being emotionally open. This leads to emotional generosity where you are free to love without restrictions, you are self-expressed and you create the ability to acknowledge, appreciate and express gratitude.
6. **Solve conflict –** Start with recognizing conflict as it arises, followed by optimising your way to communicate and become more attentive. Be responsible for your emotions and don't blame your partner. Control your anger or frustration by defusing the surge of negativity and regain your inner calm. Manage the way you communicate consistently by expressing how you feel from the heart and remember to use phrases that avoid blame. Use love, respect and kindness to always move forward.
7. **Forgive quickly-** Forgive quickly if you want passion, love and connection. Remember, holding onto resentment is like drinking poison and expecting the other person to die! Remember to forgive yourself too!
8. **Laugh and have fun together-** Be playful, silly and funny with each other. Don't be serious and boring, look for the humour in different situations. Make it a habit to share laughter and fun. It'll make your relationship a more comfortable and happier place to be!

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