



5 ESSENTIAL STEPS TO HAPPY EVER AFTER...

By re-design Life Coach Neelam Challoner

In recent years I have been asked to coach couples in their marriage and those about to be married, and so, I began to observe my own marriage and other couples, our actions and responses the dialogues behind closed doors and in public. It's interesting to see and hear often similar behaviours re-occurring in diverse couples. Men are wired differently from women, and women often find that difficult to understand. It's misunderstanding like this, which can impact marital bliss.

“ So how do you go beyond dating, the romance, the flirting and the “I do’s” and live happily ever after? ”

Love is a powerful sensation that every human being is pursuing one way or another. Love is magical, intoxicating, a risk and yet one of the most beautiful experiences any human can have. Marriage, the very first institution created by God is the original creation that demonstrates love between two beings. Through this dedication, two people begin an exciting, yet uncertain journey together. This adventure will bring highs and lows, but can still be thrilling and truly beautiful. Whether you have been married 25 years, or about to be, here are 5 essential steps to your happy ever after;

Best self; give the best version of yourself to your partner and don't think about changing one another after marriage. I hear so many people say “he/she is trying to change me...” If we focused on just giving our best we will be a lot less frustrated and much happier. Knowing your partner accepts your perfect flawed self is the biggest compliment.

Romance; keep up the romantic gestures. Often when we are courting, we make the extra effort, go the extra mile, and do little things that mean so much and are a little more extravagant. After marriage this begins to slow down or even halt. Don't let this happen, keep up the

meaningful gestures. It doesn't have to be expensive and constant. Think of creative ways to please one another and maintain a regular date night even after children arrive.

Communicate; Effective regular communication is one of the fundamentals for a successful relationship. If you do not communicate, how will the other know what you are thinking, feeling or doing. Communication is verbal (words) and non-verbal (actions, body language and tone). Non-verbal communication is vital for the receiver to perceive the message given to them correctly. A large part of communication is listening well, there are 5 levels of listening, decide which is appropriate for different conversations. One common error in relationships is when “sorry” is not communicated and forgiveness isn't given. Forgiveness can dramatically and positively change your marriage for the better.

Love Language; know your love language and your partners love language. This truly will help any spouse who is at a loss with wondering what makes your partner feel loved. According to Author Gary Chapman there are 5 Love Languages; acts of service, physical touch, receiving gifts, words of affirmation and quality

time. You can do the free online test (5lovelanguages.com) and then discuss your top language. Love should not just be demonstrated on special occasions, although you don't have to suffocate your partner either. Space to be is for some, a much needed way to feel loved.

Values and Vision; make a point to discover each other's values-what's important to them, what really matters to them. Take time to explore each other's vision –their goals, dreams, vision for the future and regularly discuss and audit them. The key thing here is to merge personal visions to become one vision that you both walk out. Write your values and vision down and write down the plan and strategy on how you will achieve this. This is one of the most important activities a couple can do together. A great marriage doesn't happen because of the love you had in the beginning, but how well you continue building love till the end. Unity in the ‘future dream’ strengthens a marriage.

“ If we can spend time planning a wedding day, a financial investment, dream holidays, why not, create and design your ideal marriage that is lived out daily, brings ROI and lasts a lifetime ”

MAY YOU LIVE HAPPY EVER AFTER...



To discover more on how to Design your Marriage and Couples Coaching contact Neelam Challoner
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 Group workshops during Spring and Summer are available on Request-minimum 6 couples

