

Relationships 101

It's easy to get caught up in our own troubles and worries that we begin to take for granted the people in our lives. Here are a few simple tips you can use to ensure that your friends, colleagues, and loved ones know just how much they mean to you.

- ❖ **Nag-free Mondays.** Let's start the workweek out right. No sniping and no griping on this day of the week.
- ❖ **Hear them out.** Devote a week of uninterrupted listening to a loved one.
- ❖ **Praise their good qualities.** Find something positive to compliment your spouse (child, sibling, etc.) on every day for a month.
- ❖ **Back them up.** Give your unconditional love and support to a friend for one week.
- ❖ **Try loving kindness.** Act on all the loving thoughts that come your way.
- ❖ **Honesty, honestly.** Can you go a week without bending the truth? Try it; you just might like this more authentic way of communicating.

Adapted from *10,000 Ways To Say I Love You*

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