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Well its new years resolution time, I haven’t decided yet what I’m giving up or working on. This seems to be a good time to look at ourselves and decide on some better habits. We begin to consider rehabilitating ourselves after the long Holiday/eating/drinking season. Or maybe we look forward a bit and decide what we want differently. Gym memberships balloon, cakes and cookies are banished, and we look hopefully toward a new year where all things are possible! Unless we give up by mid month like we did last year.

We all know relationships are no piece of cake. Opposites attract, right? You say to-may-toe, I say to-mah-toe. Now is a good time to set some resolutions for your relationship. You might do this as an individual by internally and intentionally committing yourself to more healthy behavior and thoughts regarding your loved one. Or you might sit down as a committed pair and do a little looking back and looking forward to consider the passion and interaction of your Coupling.

Some basic steps to take would be to start with Johnny Mercer’s advice, “Accentuate the positive.” What are we doing right? Spend some time remembering the good times: trips, dates, time with friends, little words or kindnesses. Say, “I liked it when you…” and finish the sentence. Or “I really felt loved when you…”

Positive first, then, without too much judgment or blaming, reflect on what didn’t work. Did we travel too much? Is the TV sitcom schedule running our lives? Are we over committed with the children’s activities? The point is to be able to safely talk about what seemed more problematic than positive.

Building on the positives will give you the freedom to look forward. Out of this safety share the desires of your heart.

Finally, you want to dream a little. What do you really want to do together in the coming year? Is it time to look at moving? What about that big trip we’ve always talked about, what do we need to do to move it towards reality? Or maybe its time to slow down and just enjoy more time at home together. You may even consider being one another’s workout accountability partner!

You know the basic steps of goal setting. Identify what you want and be specific. Try to be realistic. Identify an action plan and get moving. You can do this in your Coupling by simply talking and putting some feet on your plans.

It does take two to tango so there will be some negotiating. Listening and conversation will build understanding. Then we’ll all have a Happy New Year… if we follow the plan.

I imagine Curves and Kinetix make their annual budget with the well intentioned signing a year membership with hopes that the monetary commitment will by itself take off weight and sculpt their body.

It doesn’t work that way. We have to show up. We absolutely have to act on our intentions. Want a better relationship? Work for it! Love, believe, allow for differences, encourage, plan, give without expectation, serve, loosen up and try a little creativity. Add some spice to the recipe and have a great year together!