



THRIVING COUPLES GUIDE

A comprehensive guide designed to help couples build a healthy and fulfilling relationship. Packed with practical exercises and tools, this e-book offers an approach to developing strong communication skills, increasing intimacy, and deepening the connection between partners.

BY DENISE NICOLE AND ROBERT MICKENS III

Hi There!

Welcome! We are so grateful that you are here and ready to work on a thriving and intentional relationship! Here we will provide a safe and supportive environment where both partners can feel comfortable sharing their thoughts and feelings. We are a super down to earth, non-judgmental and empathetic couple who is here to help you work through any challenges that you may be facing.

We understand just how hard it is to be present and intentional when life takes over. We fully recognize that while many couples may have good intentions, they often lack the knowledge and tools needed to develop healthy communication skills, build intimacy, and deepen their connection over time.

Our course was designed with the specific goal of helping couples address these knowledge gaps and achieve their desired goals. By providing a step-by-step approach to building a strong union. The course empowers couples to take an active role in their partnership and work towards a fulfilling future together.

We would love for you to join us! Enrollment will start soon but in the meantime here is a workbook where you can engage in practical exercises and tools that are designed to help deepen your understanding of each other and build a stronger foundation for your relationship.

Denise & Robert

ABOUT US

With their playful banter, infectious laughter, and unwavering support for each other, Denise and Robert are an inspiration to all who know them. They are proof that love is not only enduring, but it can also be filled with joy and laughter every step of the way.



7 STEPS FOR A THRIVING RELATIONSHIP

Building a thriving relationship takes effort and dedication from both partners. Here are some steps to help a couple become more intentional with their relationship.



- 01 Communication:** Communication is the foundation of any successful relationship. Be open and honest with your partner about your thoughts and feelings, and encourage them to do the same. Listen actively and show empathy when your partner is talking to you.
- 02 Trust:** Trust is the cornerstone of a healthy relationship. Be reliable, keep your promises, and be trustworthy. Trusting each other is vital for building a strong and healthy relationship.
- 03 Respect:** Show respect towards each other, even when you disagree. Be considerate and mindful of your partner's feelings and needs. Treat your partner the way you want to be treated, and you will earn their respect.

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04 Affection: Regular physical contact, such as hugging, holding hands, and kissing, can help keep your relationship strong. Affection can be an excellent way to show your partner that you care and that they are valued.

05 Quality time: Spend quality time together regularly. This doesn't necessarily mean going out on expensive dates, but can also mean simple things like cooking together, taking a walk, or watching a movie. Make sure you are both present and engaged with each other during this time.

06 Support: Be there for each other in good times and bad. Support each other's goals and dreams, and offer help and encouragement when needed. Remember to celebrate each other's successes as well.

07 Compromise: Learning to compromise is essential in any relationship. Be willing to meet your partner halfway, and find a solution that works for both of you. Remember that you are a team, and working together will strengthen your bond.

Relationships take effort and dedication from both partners, and it's normal to experience ups and downs. By following these seven steps, you can help build a thriving and healthy relationship with your partner.

EXERCISES TO STRENGTHEN YOUR RELATIONSHIP

There are many exercises that couples can do to strengthen their relationship and thrive together. Here are some examples:

Gratitude exercise: Each partner takes a few minutes to write down things they are grateful for about the other person. Then, they share their lists with each other and discuss their feelings. This exercise can help foster feelings of appreciation and connection.

Love language quiz: Take the love language quiz together and discuss your results. This exercise can help you understand each other's needs and preferences, and find ways to express your love in the way your partner prefers.

Relationship vision exercise: Sit down together and create a vision for your relationship. Discuss your goals, dreams, and desires for your future as a couple. This exercise can help you align your values and work together towards common goals.

Dating challenge: Set a 30 day challenge to plan creative and thoughtful ways to date. This exercise can help keep the romance alive and help you both prioritize spending quality time together.

Conflict resolution exercise: Practice healthy conflict resolution by taking turns expressing your feelings and actively listening to your partner. Work towards finding a solution that works for both of you. This exercise can help build trust and strengthen your communication skills.

Shared hobbies or interests: Find a shared hobby or interest that you both enjoy and make time to pursue it together. This exercise can help you bond over a common interest and create shared memories.

Remember, the key to any exercise is to approach it with an open mind and a willingness to learn and grow together. By investing time and effort into your relationship, you can help it thrive and become stronger over time.

LOVE LANGUAGE QUIZ

<https://www.5lovelanguages.com/quizzes/couples-quiz/>

This quiz is based on the bestselling book "The 5 Love Languages" by Dr. Gary Chapman, and is designed to help couples understand their primary love language and how to effectively communicate with each other. It's a great way to start a conversation about how to meet each other's needs and build a stronger, more fulfilling relationship.

Write down some things to make you feel more loved: For Her

Ex: If your love language is Physical Touch: I would love to have my partner hold my hand while we are in public.

Write down some things to make you feel more loved: For Him

Ex: If your love language is Acts of Service: I would love for my partner to cook more often.

30 days of love

ADVENTURE

Make a love sign and hang it somewhere	Give a small thoughtful treat/gift	Get a pedicure together	Cuddle and watch a movie	Do one spontaneous thing	Watch the sunset together
Send a flirty text	Go for a walk and hold hands	Listen to a personal development podcast	Prepare breakfast in bed	Make a list of things you love about your partner	Turn on love songs and slow dance
Send a cute sexy video of yourself to your partner	Go to a concert or event	Escape to nature	Go off the grid and read to each other	Get it on somewhere new	Play masseuse for your partner
Cook something new together from Pinterest	Make a playlist of meaningful songs	Leave a sexy or sweet note somewhere	Bake in a sexy outfit together	Go eat at a new restaurant	Make homemade face masks
Plan a surprise picnic	Take a bubble bath or shower together	Look at old photos together	Challenge each other to a board game	Write out your travel goals	Do a sexy photo shoot together

Notes:

This Dating Adventure exercise can help keep the romance alive and help you both prioritize spending quality time together.

DATE :

MOOD :

DAILY JOURNAL

Your Thoughts

GOALS

-
-
-
-
-
-
-

TO DO LIST

-
-
-
-
-
-
-

ENCOURAGE

each other

You have been through an amazing time of reflection!!! You should take some time to pat yourselves on the back. This is hard work! Your future self will thank you a year from now.

Let's rate the process so far:



Enjoying the process.....%

In Between.....%

Overwhelmed.....%

Things we have discovered about our relationship during this time of reflection:

Five horizontal bars for writing reflections.

Actions that we would like to take:

1st Action *By When*

2nd Action *By When*

3rd Action *By When*

QUOTES



Unless it's mad, passionate or extraordinary love, it's a waste of your time. There are too many mediocre things in life: Love shouldn't be one of them.

— Dreams for an Insomniac

CONFLICT/RESOLUTION

Worksheet for her

Take turns expressing your feelings and actively listening to your partner. Work towards finding a solution that works for both of you.

Conflict:

Mutual Solution:

Conflict:

Mutual Solution:

Conflict:

Mutual Solution:

CONFLICT/RESOLUTION

Worksheet for him

Take turns expressing your feelings and actively listening to your partner. Work towards finding a solution that works for both of you.

Conflict:

Mutual Solution:

Conflict:

Mutual Solution:

Conflict:

Mutual Solution:

SHARED HOBBIES OR INTERESTS

Journal prompts

These are just a few examples, but there are countless hobbies and interests that couples can enjoy together. It's important to find something that both partners are interested in and passionate about, and to make time for these activities regularly as a way to strengthen the relationship and have fun together. Circle those that interest you both.

Cooking

Yoga

Fishing

Baking

Meditation

Traveling

Hiking

Board Games

Rollerblading

Camping

Biking

Concerts

Kayaking

Wine Tasting

Stand Up Comedy

Photography

Beer Brewing

Horseback Riding

Painting

Movie Nights

DIY Projects

Drawing

Book Clubs

Sports Games

Sculpting

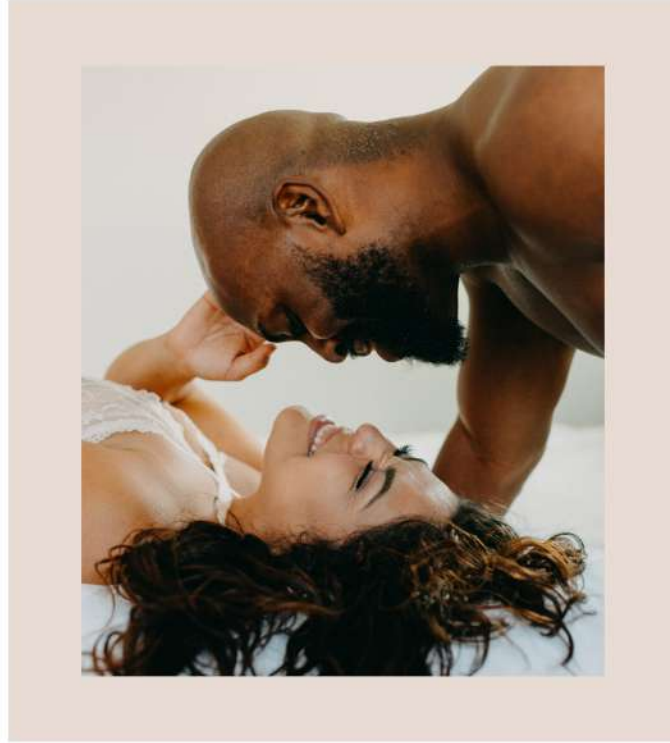
Gardening

Home Renovation

Dancing

Stargazing

Volunteer Work



NEED MORE INSIGHT & SUPPORT?



We hope you enjoyed this guide. Micksauce Coaching would love to help you along your journey!! Community is everything! Please be sure to join the waiting list for our online program, coming soon, to surround yourself with other like-minded couples who know exactly what you are going through and want to live an intentional life!