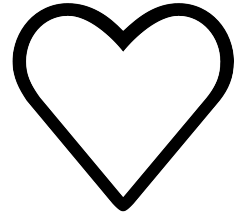


LIFT YOUR RELATIONSHIP TO NEW HEIGHTS!

THESE 5 LOVE LEVERS WILL ELEVATE YOUR MARRIAGE



Dr. Matt Townsend
KSL Studio 5 Interview
November 13, 2020

Is our relationship taking a back seat?

Sometimes our relationships are stuck because we've put everything else before them.

PUSH YOUR POSITIVITY BY PRACTICING INTENTIONAL ADMIRATION

Find what you admire & tell them.

STAY IN SYNC BY TURNING TOWARD ONE ANOTHER

Being in sync is the ability to connect. When they talk, you turn towards them.

EXERCISE YOUR CHARITY BY OFFERING SINCERE SERVICE EVERYDAY

Do acts of service out of love not duty.

OPEN YOUR HEART BY LETTING YOUR PARTNER INFLUENCE YOU

If we get out of our comfort zones, that vulnerability fosters intimacy & closeness.

RE-ENERGIZE YOUR LOVE BY BUILDING A SHARED DREAM

Create your own bucket list as a couple.

reflections:

Do I feel close to my spouse?

What do I admire about my spouse? Do I tell them?

Do I turn toward my partner when they talk? How can I improve?

Do I give service from a place of duty or charity?

Do I get out of my comfort zone for the sake of my partner's interests?

What are some things on our shared bucket list?

Notes: