



Top ten tips for great relationships

We humans spend years of our lives worrying, fusing, fighting, seeking and desiring strong family, personal and intimate relationships. Ultimately there's only one relationship that needs addressing and all else will follow naturally; that is to deeply appreciate and love *who you are*. Who you are is not your profession, shape, size, colour or sexuality – these are characteristics and definitions. You need no definition. You are you: born whole mind, body and spirit... whatever your body shape, size, sexuality, heritage and or hair colour. So love and embrace who you are *right now*. Let go of who you think you should be. By doing this you will also be able to truly love others without need, conflict and conditions.

1. Be yourself (no one else): this starts and sustains strong relationships
2. Be honest: be open but not exposed, allow it to naturally grow.
3. Give each other space: Space can draw things together, binds distance while apart... giving space is empowering, supportive, respectful and trusting.
4. Listen and Communicate: Communication is the breath - and when it fails the death - of relationships. Listen and 'first understand and then be understood'
5. Agree your rules and live by them: Your relationship is unique. Set your own rules together. Don't measure it by those of others, family or society.
6. Stop, look and listen to your heart: Be kind, supportive and loving to your partner / yourself this nurtures you both and your love...and trust your instincts.
7. Don't bring others into the relationship: but allow others to support it.
8. Grow and flow through triumphs or trials: Own your own actions and feelings, learn from all you experience, and seek solutions not problems or blame.
9. If it's broke: Fix it, if it can't be fixed, move on amicably/tenderly. This frees you to take the richness of the relationship (and often lasting friendship) on.
10. Rule Number One – love and have fun!: Give love, share love.

Rasheed Ogunlaru is a leading life coach, speaker and business coach. He helps people of all backgrounds achieve greater happiness, balance and success in all areas of their lives. He runs workshops and talks on personal, career, business and relationship growth. He is co-author of *A Zest for Business* and is author of range of inspiring books, CDs and MP3s including *Become who you are*, *Create Your Ideal Life* and *From Head to Heart ... Finding Your Path*. To find out more about life coaching, business coaching, seminars and talks, or to order or download a product visit www.rasaru.com email: rasheed@rasaru.com or call 020 7207 1082

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