

Four habits for a successful relationship

Want to make sure your relationship is a success? Follow these steps below!

01

Communication-

Make sure you are taking time to let your partner speak and feel heard. Take turns being a listener and a speaker and don't interrupt. Tip: Grab a pen and paper and write down what your partner says in bullet points as they speak so you are ready to let them know you heard them.

02

Time-

Make time each week to check in with each other about what is needed, wanted or desired for the upcoming week.

03

Sex-

Talk often about sexual desires and needs. Not comfortable talking about sex? See page 2 for 10 questions to ask your partner about sex to help you get started.

04

Sharing Dreams-

Create a vision board and share your dreams for your relationship with your partner.

10 Questions to get you started talking about sex

What's your definition of amazing sex?

What's something you've always wanted to ask me to try—but assumed I wouldn't like?

What's one of your favorite sexual fantasies?

What do you think about when you masturbate?

Where would you most like to be kissed?

Where on your body is your favorite place to be touched?

Do you prefer to give or receive?

Do you prefer eye contact or not during sex?

Where would you like me to lick you?

Which would you like more—to be in control, or to be dominated?

Have you ever been caught having sex before? Tell me about it