



*another
day
in paradise*

Invitation

to my spouse, my true love, my best friend, and my eternal companion

BE MY FRIEND

- Let me know what you ache for, and if you dare to dream of meeting your heart's desires.
- Share with me if you are willing to risk looking like a fool for our love, for your dreams.
- Believe me when I tell you that it doesn't interest me what your exterior looks like.
- I want to know if you can tell your story being genuine, with truth and charity.
- I want to know if you can disappoint another to be true to yourself!
- Let me know if you can see beauty even when people can be ugly.
- I'd like to know if you can live with failure—yours and mine.
- Let me know if you can get up after the night of grief and despair, and although weary and bruised to the bone, still be full of love, light, and hope.
- I want to know if you will stand in the center of the fires of life with me and not shrink back.
- Let me know what sustains you from the inside when all else falls way.
- I want to know if you can be alone with yourself and truly like the company you keep.
- I want to know if you can love yourself being alone in the empty and quiet moments of your life.
- Let's be true friends to each other. A friend is someone who understands your past, believes in your future, and accepts you today just the way you are!

BE MY COMPANION AND HELPMATE

- Let us share life's experiences together.
- Let us spend quality time together, being in the moment, drinking deeply of the richness of life's journeys.
- Complete me—Eve was not designed to be exactly like Adam. She was designed to complete him, possessing the other half of the qualities, responsibilities, and attributes that he lacked.
- Become one with me—Adam and Eve's sexual organs were physically mirror opposites (one being internal and the other external) so they were divinely designed to be opposite but fit together perfectly to create life, love, and become one.

BE MY CONFIDANT

- Let me know if you can be faithful and therefore be trustworthy with my deepest, darkest secrets.
- Let us have a true friendship, which requires the unconditional giving and keeping of confidences, and sharing of one's innermost thoughts and feelings.

BE ACCEPTING

- I am not perfect—accept me for who I am with all my faults and idiosyncrasies.

“WE” vs. “I”

- Let's remember that our relationship is about both of us, and not about individual selfishness.

Transformations Accountable Life Coaching

3520 N. University Avenue
Suite 225
Provo, UT 84604

(801) 226-3837

Accountable-Life-Coaching.com



*another
day
in paradise*

EMOTIONALLY

- Allow me to express my thoughts and feelings openly and honestly.
- Let me know through your actions that you have my back.
- Be there for me emotionally—care for my emotional needs.
- Let me know if you can sit with pain—mine or yours—without moving to hide it or to try to fix it.
- I want to know if you can be with joy—yours, mine, and ours.
- I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals, or have become shriveled and closed from fear of further pain.

PHYSICALLY

- Let's support each other in our "physical health"—exercising, eating properly, and sleeping 8 hours daily.
- I want us to be there for each other spiritually and emotionally during our physical illnesses.
- I want us to recognize our bodies are temples physically, emotionally, and spiritually, needing our care daily to become our best.

SEXUALLY

- Let's let sex be spontaneous—not something added to the schedule.
- Let's make passionate love—not have sex.
- Remember that without the frequent intimate acceptance and love that comes from our lovemaking, we can become dissatisfied, grumpy, and ultimately suffer from feelings of rejection and even anger.
- Remember that lovemaking gives an intimacy and physical release that is vital for both of us.

INTIMATELY

- Let us have a close familiarity and knowledge of each other, and "the two shall become one"—having one heart, mind, spirit, and body.

SPIRITUALLY

- Let us connect spiritually with a depth that touches the very center of our souls.

SOCIALLY

- I want us to connect with others by seeking or enjoying the companionship of others; being friendly, sociable, and gregarious.

VERBALLY—THE POWER OF THE WORD

- Let us not be faultfinders or criticize each other in ways that hurt the heart and spirit.
- We give praise abundantly—which is the expression of approval or admiration for someone.
- Let us take care in what we say, because the power of our words can exalt the mind and heart or devastate the soul.

Transformations Accountable Life Coaching

3520 N. University Avenue
Suite 225
Provo, UT 84604

(801) 226-3837

Accountable-Life-Coaching.com