



## Creating a harmonious relationship to run the course

Is there a secret to enduring love? If there's one thing we'd all like to know, it's how to keep our love alive and create a relationship that will last the course. Follow our tips on how to put a little wow factor back into your love life and continue to enjoy being with the person you fell in love with.

1. Learn to communicate – When we all lead such busy lives it can be hard to pause and really listen to each other. But if you can try and communicate clearly and honestly, without any sense of blame or judgement, the bond between you will deepen.
2. Remember how you felt on that first date – Try and remember the thrill and excitement you felt the first time you went out together. Don't become too complacent in your relationship and try and see your partner as that sexy, hot date, rather than someone who can mend the dishwasher.
3. Keep some independence – Build on your own self esteem by taking up a new hobby or challenge away from the home. Take a weekend out to go away with your friends. The more you love yourself and build on your own confidence the more your partner will remember that sassy single girl he fell in love with.
4. Dress to impress – Dressing in a seductive way is all about being confident in yourself and self-assured about what you are wearing. Try and avoid slipping into your comfy t-shirts and jeans everyday. Even if you know that's just how your partner likes you to dress surprise him occasionally and if you've got curves, show them off! Wear fabrics that are soft to touch to help make you feel feminine and attractive and remember the power of smelling good. A spray of your favourite perfume will always make you feel more attractive and give you a lift.
5. Create some quality time together – Unless you plan ahead, it can feel almost impossible to find time to spend together in between work and the children. Put a date in the diary to go out together at least twice a month and, if possible, arrange a sleep over for the kids, so your evening can continue long into the night!
6. Be open to change – Life is often beyond our control: jobs change, you move house, the children start a new school. Being adaptable and open to change will help be able to support each other through the ups and downs of life.
7. Learn to love football – Or whatever sport he's into! Yes, it can be hard, but indulging him just a little will not only flatter him, but will help you understand just how men's minds work. Essential in a lasting relationship!