



Heart Access: Secrets for Relationship Success

What makes some relationships strong, close, and successful while others struggle? No matter what type of relationship you are in, all relationships require focused attention and deep caring. The following list will aid you in remembering to nurture and strengthen your relationships by inviting your mind to meet your heart.

Heart

When you are a person with heart, you'll demonstrate affection, kindness, compassion, and daily expressions of love in both words and deeds.

Empathy

When you are willing to temporarily "live" in the world of another to identify feelings, thoughts, and beliefs, your personal bond strengthens.

Adaptability

When you choose to be flexible with your expectations during new or challenging circumstances, you will weather the storm with your relationships intact.

Respect

When you treat others with high regard simply because they have inherent value as human beings, you enhance self-esteem.

Trust

When you are trustworthy-predictably dependable-and you create a safe environment, your relationship will be able to withstand the test of time with the inevitable highs and lows.

Appreciation

When you look for the positive, praise, and express gratitude, you will be fulfilling one of your partner's most basic human needs.

Commitment

When you are dedicated to the well-being of your relationships, you will be loyal and motivated to devote quality time to your special someone, resulting in enjoying a firm foundation.

Conflict resolution

Learn how to effectively negotiate. When you view disagreements, stress, or crisis as opportunities for learning about each other, you will promote growth for all involved.

Enhanced communication

When you use enhanced relating skills, you will naturally create enhanced communication where each person freely expresses their feelings and thoughts, is fully heard, and given the utmost consideration.

Support

Research indicates that humans need five encouraging statements (or experiences) to minimize the memory of one disheartening one. Challenge yourself to give five supportive communications for each criticism.

Success

When you evolve your relationship to the next level of success, you'll be able to shift and change over the years while maintaining a bond that lasts a lifetime.

As many of you probably know by now, I love acronyms [a word formed from the initial letters or groups of letters of words in a set phrase or series of words]. Together these initial letters spell **HeartAccess**. Keep this acronym in mind to help you apply the secrets for effectively expressing your love.

Wishing you savvy success!

Barbara McRae, MCC
The Savvy Success Coach

P. S. Please visit my new Savvy Success Strategies page on Facebook:

<http://www.facebook.com/SavvySuccessStrategies>

If these Savvy Success Tips are of value to you and you'd like to have more support in implementing them to grow your business or yourself OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

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