



we meet again
coaching for couples

One Question to Revolutionize your Relationship



By Professional Coaching Couple
Robert and Shona

Welcome and Congratulations for taking your first steps to revolutionize your relationship

You're going to discover some tips to bring the heart and partnership back into your relationship. As life gets busy and the day to day takes over, being intentional in your relationship often suffers. The interactions with your partner become transactional, you do what you can to survive the day, and fall into bed lonely, missing passion, and likely asking yourself if this is all there is for you, for us.

We are here to tell you that the passion and partnership you once had can be restored and we want to share one question that can help you reignite that spark.

→ This Revolutionary Question Will ←

- ✓ Help you create shared future goals
- ✓ Discover a future that excites and ignites both of you
- ✓ Unite you both to the reason why your love matters
- ✓ Open space to authentically connect

Your relationship matters. Your partner matters. You fell in love for a reason and we are here to support you in remembering that. Your relationship is the launchpad and grounding force for all that you do in life. Time to give it some attention.

Speaking of ATTENTION...

**Hey there,
We're Shona and Robert.
Married partners, founders
and
Chief Heart Officers of
we meet again coaching.**



We created our business to bring couples and singles powerfully together. Our own journeys in finding love had us experience the highest highs and lowest lows along the journey to our partnership. Now married and exploring life together as a husband, a wife, lovers, best friends and business partners we keep our relationship at the forefront of all our adventures.

And hey, we have a confession. We struggle too. We don't always get it right.

We get it!

→ Does this sound familiar ←

- ✓ We get lost in our own lives
- ✓ We make more time for Kindle than cuddling
- ✓ We judge or blame our partner
- ✓ We don't make time for intimacy, sex, or play
- ✓ We get overwhelmed and take it out on each other
- ✓ We let life happen to us and our relationship suffers

Thankfully as professionally trained ontological coaches, we have the tools to work through the issues every couple and single person faces. Tools we want to share with you.

The things we discovered from our struggles:

1. **Being intentional in your relationship will make all the difference.** Not having agreed upon ways you treat each other in your relationship is a way to set it up for failure. Expectations go unmet and needs go unaddressed. We unknowingly set traps for your current or future partners and they fall into them hook, line, and sinker. Is this what you really want?
2. **Create a future that works for both of you.** Lack of clarity and connection for each other and what you want to create leaves you both without direction. Where is your relationship going? Why? For what purpose? Without goals, you get lost in your relationship.

In this guide, we're going to set you up for success when the inevitable struggles in your relationships come up.

PRO TIP: Do it right now. Remove the distractions: turn off the TV or put the kids to bed, and have the conversation now. Learn from our struggles above and move through this guide together, with intention. Give your love the time and connection it deserves.

If you're single, grab another single friend and start creating the relationship you want. Now, even before it starts. You'll thank us later (hint, hint, we are wedding officiants)!

ASK THIS ONE REVOLUTIONARY QUESTION:

Why does your relationship exist?

It's a funny question, right? But seriously, what's the purpose of your relationship? Why does your relationship exist?

1. Take a moment to reflect on this question
2. What would having the answer to this question provide for you?
3. What is the value in answering this question? For you? For your partner?
4. Is there a cost, a downside, to not answering this question?

How to have the conversation:

Before:

1. **Grab your partner now and have the conversation.** If you can't, invite them to the conversation or set an agreed time to answer this question.
2. Set yourself up for success!
 - **Limit all distractions, put your phones away, and put yourselves first.**
 - Have an open heart and mind.
 - Leave the blame and shame at the door and let the past stay there.
 - Let go of any hurt or assumptions.

During:

1. Share the value you see in having this conversation.
2. Answer the question: **Why does your relationship exist?**
 - Think outside of your emotional and physical needs, what other purpose does your relationship serve? What experiences are you creating?
 - What do you want to create?
 - What goals a year from now, if achieved, would fundamentally alter your experience of love, partnership, and the way you both connect?
 - Be specific

After:

1. **Acknowledge you and your partner for putting your relationship first.**
2. Create a way to celebrate your love or future love (for you singles out there)
3. Remember, this is a forward based conversation. Experiences and old patterns will get in the way of you remembering why your relationship exists.
4. LOVE, LOVE, LOVE

Pro Tip: Have fun with this conversation. Keep it light, fresh, and playful.

Revolutionary question recap:

In this guide we've invited you to look at your relationship in an intentional way:

1. We provided some tips to bring heart and partnership back to your relationship or into your future relationships.
2. We identified some common struggles many relationships face
3. We provided the question to have to create what's next for you
4. We outlined a structure to support the conversation

How'd it go?

We know this guide will lay a foundation for future success in your relationship.

What's next?



First of all, congratulations on being open to having this conversation. We know how scary and emotional conversations of the heart can be. When you put your heart on the line there's fear and wonder in how it's going to go. Courage is what we do in the face of that fear and we want to acknowledge you for that. Big love.

You are well on your way.

Knowing it may be difficult to answer this question, we want you to know we are here to support you. **We would love to connect and hear how it's going for you.**

Connect with us and our community on Facebook at We Meet Again. We provide helpful tips and videos in an interactive, fun, and welcoming setting.

If you had this conversation, need help starting it, or want to share how it went we would love to connect over phone or video. If your heart is speaking to you that coaching would create your relationship breakthroughs we are here.

We look forward to blazing the trail of love and partnership with you.

→ [Connect with us on Facebook & DM us](#) ←

**Schedule a complimentary
→ Relationship Discovery Session ←**



219.742.3867

hello@wemeetagaincoaching.com
www.wemeetagaincoaching.com

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