



Encouraging Relationships Newsletter

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Encouraging Relationship Tip of the Day!

I'm Taking Responsibility for My Birthday Fun!

Hi!

I can't believe it, **I'm turning 50 this Sunday!** How could that be? Time flies, huh? I still feel about 30.

I'm doing something **new, different, and cool this year for my birthday.**

I decided to think about how I'd like to celebrate a memorable milestone like this. I decided **what I really wanted** was to schedule special time with my family and friends. So I talked to everyone and set up different celebrations. This is what I have planned:

- Dinner Celebration with my Family
- Spa Day with 2 Girlfriends
- Dinner and a Movie with another Girlfriend
- Scrapbooking Day with a Girlfriend
- Lunch with another Girlfriend

I'm sharing this with you to share my joy, as well as **inspire**

you to think about something that is important to you.

- Are you waiting around for others to read your mind about what you want?
- Do you not ever know what you want, yet are hoping that someone else will?
- Do you stay silent about a need you have, then feel resentful later because your needs weren't met?

If so, it's pretty common to approach our needs this way.

The problem is it doesn't work...for us, or those in our lives.

So...how about **trying something new?**

1. Think about something you'd like to do. It could be something fun, something you want to accomplish, time with friends, trying something new, etc.
2. Boil this down into something really specific, "I'd like to do _____, and have this happen by _____."
3. Is there anything you need to do or take care of before you can take action on this?
4. Write out the steps you would need to take to be successful
5. Take the first one (don't wait, go for it)!
6. Check in with yourself once a week to keep progressing (for example, every Sunday evening as you prepare for your week).

Remember, **it isn't selfish to pursue goals** or relationships that are important to you. **It's actually selfish NOT TO** because if you aren't a partner in taking care of your needs,

you'll unconsciously be resentful to others for not meeting your needs (often that you might not have told them about).

I hope this has been helpful to you!

I'd love to get an e-mail from you on how you are using this to care for yourself. I'd love a Happy Birthday e-mail too!

Many Blessings to You,

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ABOUT THE AUTHOR

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