



**TOP 10**  
**HABITS OF COUPLES IN**  
**HEALTHY RELATIONSHIPS**



**HEALTHY RELATIONSHIPS SHARE  
SEVERAL COMMONALITIES.**



**BY ADOPTING  
THESE **SUCCESSFUL**  
RELATIONSHIP HABITS...**

...you can help to ensure the future  
of your own relationship.



**MANY OF THE HABITS MAY  
SEEM LIKE **COMMON SENSE**...**

...but you're probably not doing all  
of them!

A woman with long, dark, wavy hair is sitting on a bed, looking down with a sad expression. She is wearing a white strapless top. Her arms are crossed, and she is holding a dark feather in her right hand. The background is a simple, modern room with a grey headboard and white bedding. The overall mood is melancholic and reflective.

**AFTER A WHILE....**


....all relationships fall into a **routine.**



**HERE ARE 10 WAYS TO  
STRENGTHEN YOUR  
RELATIONSHIP....**



**1** MAKE **BIG** DECISIONS  
JOINTLY.

A couple is silhouetted against a vibrant sunset over a large body of water. The sun is low on the horizon, casting a golden glow across the sky and water. The couple stands in the middle ground, with their bicycles parked nearby. The foreground is dark, with some foliage visible on the left and right sides. The overall mood is peaceful and contemplative.

**FEELING A SENSE OF  
CONTROL OVER ONE'S LIFE  
AND FUTURE IS IMPORTANT.**



A man with dark hair and a beard is sitting on the floor against a brick wall. He is wearing a light blue t-shirt and dark jeans. He is looking upwards and to the right with a thoughtful expression. The background is a brick wall and a concrete floor. The text is overlaid on the image.

**YOU TAKE AWAY CONTROL  
FROM YOUR PARTNER WHEN  
YOU MAKE MEANINGFUL  
DECISIONS BY YOURSELF.**

A man in a white shirt and tan pants is holding a bouquet of flowers. In the background, a woman in a white dress is walking. The image is overlaid with a semi-transparent dark grey filter.

**2 MAKE FORGIVENESS  
A WAY OF LIFE.**

A man and a woman are shown from the chest up, embracing each other in a field at night. The man is on the left, wearing a blue sweater, and the woman is on the right, with long, curly hair. They are looking towards each other. The background is dark with some blurred lights, suggesting an outdoor setting at dusk or night. The overall mood is intimate and emotional.

**THERE ARE PLENTY OF  
OPPORTUNITIES FOR  
FORGIVENESS.**

**THE ALTERNATIVE IS TO  
HOLD A GRUDGE, WHICH  
LEADS TO **RESENTMENT**.**

(...which is super toxic!)



**3** SHARE **COMMON**  
INTERESTS.



**YOU MUST HAVE AT LEAST  
A FEW THINGS YOU CAN  
ENJOY TOGETHER.**

A romantic scene featuring the silhouettes of a man and a woman in profile, facing each other and kissing. They are positioned on the right side of the frame against a warm, golden-brown sunset sky. The overall mood is intimate and affectionate.

**COMMON INTERESTS**  
**CAN HELP TO MAKE YOU**  
**CLOSER AS A COUPLE.**



**4 PRACTICE ACCEPTANCE.**



A couple is shown from behind, sitting on a wooden dock. The woman is on the left, wearing a white dress with a large white flower in her hair. The man is on the right, wearing a blue checkered blazer. They are looking out over a body of water towards a distant shoreline with trees and buildings under a dim sky. A dark metal post with a rope is visible on the left side of the frame.

# EVERYONE HAS THEIR **FLAWS.**

Your partner undoubtedly has a few habits and tendencies that get on your nerves.



IT'S **HARD** ENOUGH TO  
CHANGE YOUR OWN HABITS.

...Changing someone else's is even more  
challenging. Accept your partner as is.

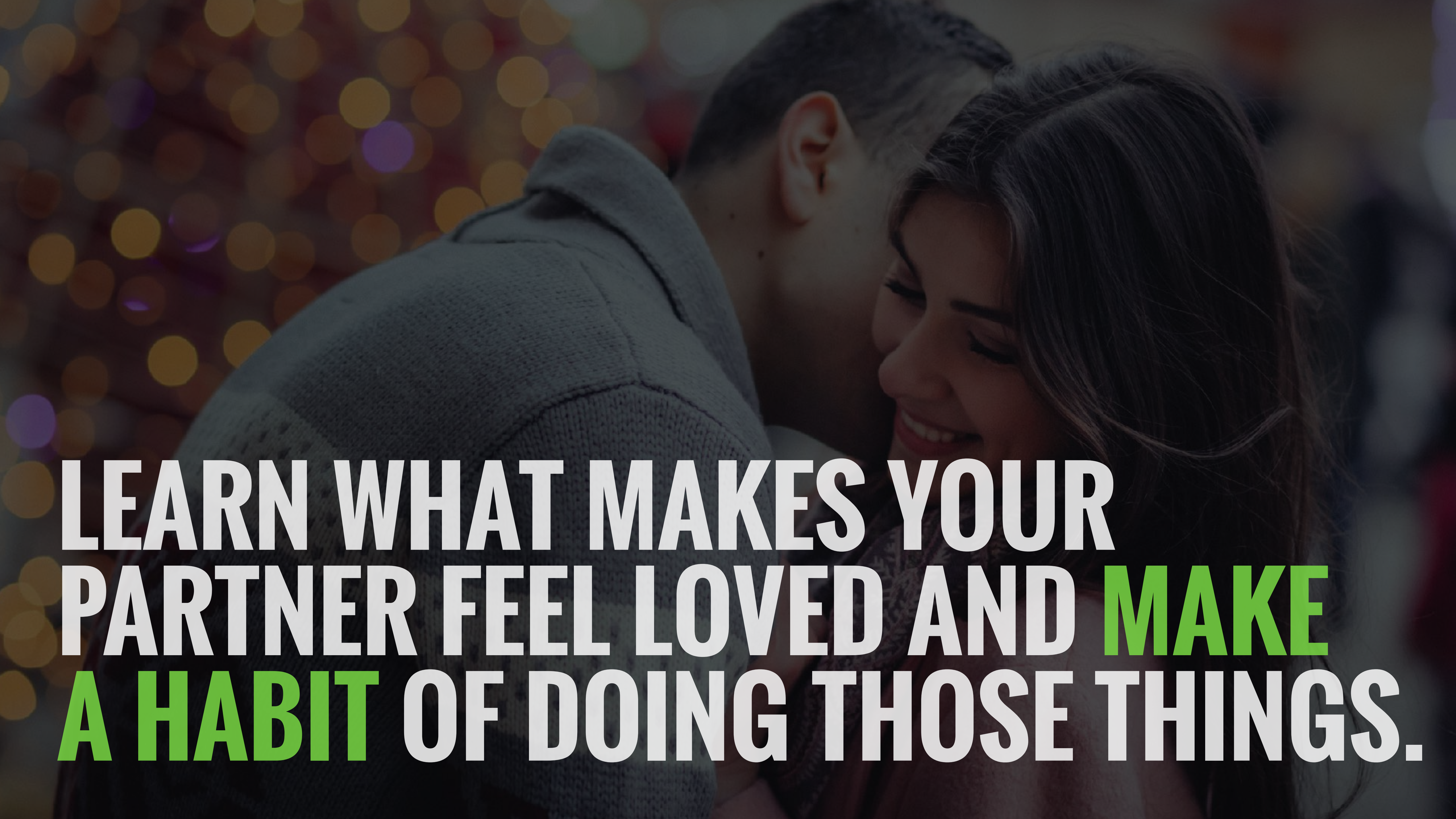
A man and a woman are shown from the chest up, smiling warmly at each other. The man is on the left, wearing a light-colored patterned suit jacket over a dark shirt and a gold cross necklace. The woman is on the right, wearing a dark, strapless dress and a large, ornate necklace. The background is a soft, out-of-focus outdoor setting. Overlaid on the image is the text "5 MAKE YOUR PARTNER FEEL LOVED." in a bold, sans-serif font. The number "5" is the largest, followed by "MAKE YOUR PARTNER" and "FEEL LOVED." in a slightly smaller size. The word "LOVED." is highlighted in a vibrant green color, while the rest of the text is white.

**5 MAKE YOUR PARTNER  
FEEL LOVED.**

A couple is shown from the waist down, holding hands in a field of tall, dry grass. The person on the left is wearing a white sweater, and the person on the right is wearing a blue and white plaid shirt. The background is a soft-focus field of grass under a warm, golden light.

**EACH PERSON FEELS  
LOVED BY DIFFERENT  
WORDS AND ACTIONS.**

You might be working hard to make your partner feel special, but in an ineffective way.



**LEARN WHAT MAKES YOUR  
PARTNER FEEL LOVED AND **MAKE**  
**A HABIT** OF DOING THOSE THINGS.**

A photograph of three young women sitting on a beach, laughing and talking. They are wearing summer dresses and hats. The image is overlaid with a semi-transparent dark grey filter. The text '6 ENJOY SOME ACTIVITIES SEPARATELY.' is centered over the image. The number '6' is large and white. The words 'ENJOY SOME ACTIVITIES' are in a smaller white font, and 'SEPARATELY.' is in a bright green font.

**6** ENJOY SOME ACTIVITIES  
**SEPARATELY.**



**NO ONE** CAN SATISFY  
100% OF YOUR NEEDS.  
IT'S NOT FAIR TO HAVE  
THAT EXPECTATION.



**ENJOY TIME OUT WITH YOUR  
COWORKERS AND FRIENDS.**



# 7 SHARE A BEDTIME.



A bedroom scene featuring a bed with a white tufted headboard and white bedding. A nightstand holds a lamp with a white shade and a vase of white flowers. A wardrobe with silver handles is visible in the background. A vase with greenery sits on the floor to the right.

**IT'S IMPORTANT TO HIT THE SHEETS AT THE SAME TIME SEVERAL NIGHTS EACH WEEK.**

A person is sitting in the driver's seat of a car, with their feet resting on the dashboard. They are wearing blue sneakers and a blue and white striped shirt. The car's interior, including the steering wheel and dashboard, is visible. Outside the car, a field of yellow flowers stretches towards a horizon under a sunset sky. The text is overlaid on the image.

**SNUGGLING TOGETHER AT  
THE END OF A LONG DAY IS  
A GREAT WAY TO BOND...**

...even if you go to bed with your partner and then get back up after they've fallen asleep.

A close-up photograph of a person's hands resting on a light-colored, textured surface. The hands are positioned in the lower half of the frame, with fingers slightly spread. The person is wearing a blue, ribbed long-sleeved shirt. The background is dark and out of focus. Overlaid on the image is large, bold, white text. The words "SHIFT SLEEP SCHEDULES" are highlighted in a bright green color. The text reads: "NAPS ARE ANOTHER WAY TO SHIFT SLEEP SCHEDULES TO COINCIDE WITH YOUR PARTNER."

**NAPS ARE ANOTHER WAY TO  
SHIFT SLEEP SCHEDULES TO  
COINCIDE WITH YOUR PARTNER.**



8

**COMMUNICATE OPENLY.**



**NO ONE SHOULD HAVE TO  
GUESS YOUR FEELINGS,  
OPINIONS, OR COMPLAINTS.**

A couple is standing in a forest. The woman is on the left, wearing a white top and denim shorts. The man is on the right, wearing a grey t-shirt and blue jeans. The background is a dense forest with green foliage. The text "BE FAIR AND SPEAK UP." is overlaid on the image, with "SPEAK UP." in green and "BE FAIR AND" in white. Below it, the text "...you'll save yourself and your partner a lot of grief." is written in white.

**BE FAIR AND SPEAK UP.**

...you'll save yourself and  
your partner a lot of grief.

A silhouette of a person's head and shoulders is shown against a soft, hazy background of a sunset or sunrise over a body of water. The person's hand is near their chin, suggesting a contemplative or visionary pose. The overall mood is serene and forward-looking.

**9** SHARE A **VISION** OF  
THE FUTURE.



A close-up photograph of two hands, one from a person wearing a grey sweater and the other from a person wearing a brown sweater, holding each other in a supportive grip. The background is a soft-focus outdoor scene with green foliage. The image is overlaid with a semi-transparent dark grey filter.

**TWO PEOPLE WORKING TOGETHER  
TOWARD A **COMMON GOAL** ARE MORE  
LIKELY TO STAY TOGETHER THAN TWO  
PEOPLE ON DIFFERENT PATHS.**

A couple is shown from behind, sitting in a field of tall grass. The woman is on the left, wearing a light-colored sleeveless top, and the man is on the right, wearing a dark suit. They are looking out over a body of water towards a sunset. The sky is filled with warm, golden light, and the water reflects the colors of the sky. The overall mood is romantic and serene.


**CREATE A SHARED VISION  
AND WORK TOGETHER TO  
ACCOMPLISH IT.**

A close-up photograph of two hands shaking in a firm grip, symbolizing trust or agreement. The hands are positioned centrally, with the fingers interlaced. The background is a dark, muted grey. Overlaid on the image is the text '10 TRUST RATHER THAN DISTRUST.' in a bold, sans-serif font. The number '10' is white and large, while the rest of the text is white, with 'TRUST' highlighted in a vibrant green color.

**10 TRUST RATHER  
THAN DISTRUST.**

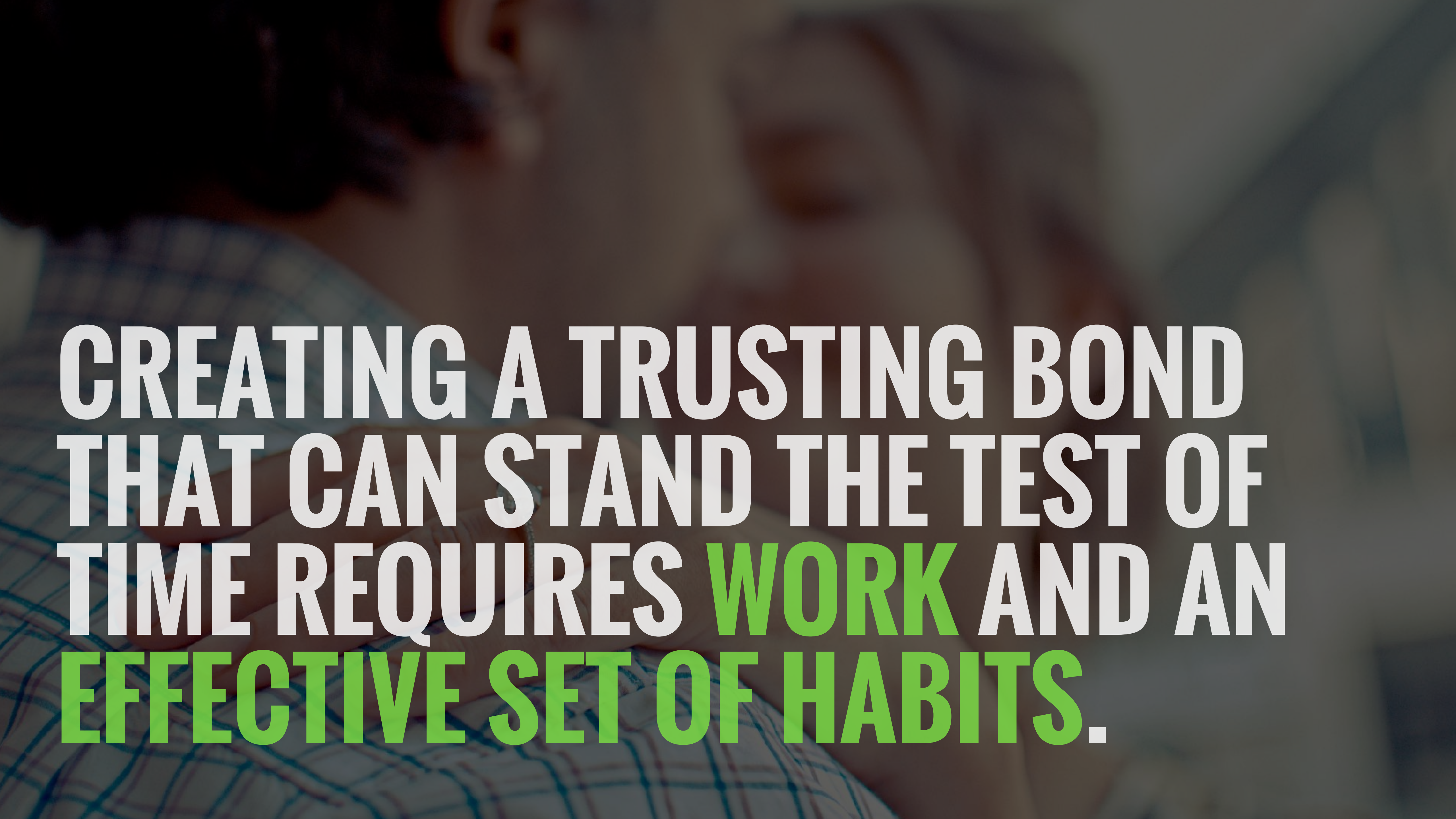
A couple is shown from the waist down, holding hands on a beach. The man is wearing a grey button-down shirt and dark pants. The woman is wearing a blue and white striped dress. The background is a blurred beach scene with trees and a path. Overlaid on the image is a large, bold text question in white and green.

**WHEN YOU DON'T HAVE A  
COMPLETE PICTURE, DO YOU  
LEAN TOWARD TRUSTING OR  
DISTRUSTING YOUR PARTNER?**

A woman and a man are shown in profile, facing opposite directions. The woman is on the left, looking towards the right. The man is on the right, looking towards the left. They are both wearing light-colored shirts. The background is a solid dark grey. Overlaid on the image is large, bold, white text. The word "POISON" is highlighted in a bright green color.

**DISTRUST THAT HASN'T BEEN  
EARNED IS LIKE **POISON** TO A  
RELATIONSHIP.**

Give your partner the benefit of the  
doubt. They'll appreciate it.



**CREATING A TRUSTING BOND  
THAT CAN STAND THE TEST OF  
TIME REQUIRES **WORK** AND AN  
**EFFECTIVE SET OF HABITS.****

A young couple is shown in a close embrace, laughing joyfully. The woman is on the left, leaning her head against the man on the right. They are outdoors in a field of tall, dry grass. The image has a dark, semi-transparent overlay, making the text stand out.

# THE **LITTLE THINGS** MATTER...

...so take the time to examine your relationship habits and enhance them whenever you can.

A grayscale photograph of a man and a woman standing in a field, smiling and embracing. The man is on the right, and the woman is on the left. The background is a vast field of crops under a bright sky.

**A FEW MINOR CHANGES CAN  
MEAN THE DIFFERENCE  
BETWEEN YOUR RELATIONSHIP  
THRIVING OR FAILING.**





**GET STARTED WITH SOME  
HAPPY HABITS TODAY.**