

# Shift your relationship

5 day challenge in a nutshell

1

## **Your couple frequency**

You are energetic beings and your combined energy creates a couple frequency. You can make the frequency feel good.

2

## **Resistance**

You have the power, yet you get stuck. There is a deeper fear here. When you address the fear, you can move past resistance.

3

## **Nourish you, not the story**

We make things worse ruminating on the story of woe. Our energy is best used comforting ourselves in our discomfort.

4

## **Embrace the spiral**

Life and love do not move in straight lines. Relationships thrive when we embrace the challenges, the learning and the opportunities for growth.

5

## **Get 2 feet in**

Commitment has an energy about it that allows you to soften and open. Commit to the expansion in this moment.