

Session #7

From Me to We: Co-Creating Phenomenal Partnership

This Week's Practice:

1. DO Love, according to the 5 Tenets of Love we shared:
 - a. Be present
 - b. Non-judgmental / allowing
 - c. Take an interest in
 - d. Root for
 - e. Being useful / being of service

2. Show your partner you love her/him (do one or more of the things they shared makes them feel loved)

3. Decide on at least one way to keep this course alive (examples: Find a certain time to review the recordings; or decide a practice you'll take on ...)