

## **Build Positive Relationships in Your Personal Life:**

- Make other people feel valued; pay active attention; look at the speaker so they feel trust and connection.
- Renew your commitments every day in words and actions
- Prioritize enjoyment, pleasure, and have fun
- Express positive emotions, give reassurances
- Share work and responsibilities
- If it's not important, let it go.
- When there is conflict, talk it out and be flexible
- Give honest, meaningful compliments
- Small gestures are so important
- For More Information See:

<https://www.psychologytoday.com/us/blog/meet-catch-and-keep/201702/7-secrets-successful-relationship>