

MAY EDITION

L & E

LOVE EDUCATION

Featuring

ANETA BUCKTHOUGHT

WORK LOVE BALANCE

ERICA J LESTER

*FREE
RELATIONSHIPS
WITHOUT
FIGHTING
WORKBOOK*

FERTILITY SUPPORT
MONICA COX

SETTING BOUDARIES
NAZIE SPURRIER

TINYSARAHCAKES

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THANK YOU

to everyone who came together to make this edition possible. A special thanks to all of the talented collaborators who provided inspirational content for our readers to enjoy.





ABOUT

Railey Molinaro is the world's leading expert Love Educator and creator of L&E magazine. She provides couples with the tools required to build happy and healthy long term relationships by teaching them relationship intelligence.

Her signature Relationships Without Fighting MasterClass guides couples to create thriving relationships without fighting by teaching them the Power Couple Problem Solving Technique.

Railey grew up mimicking the toxic mistakes her parents made and became determined to figure out how to live a more powerful life filled with Love, appreciation, and true intimacy. So she studied and vowed to share her knowledge with the world.



Top Three Steps to Take to Support Your Fertility

even before you're ready to try to conceive

Monica Cox



By Monica Cox

If you make it your goal to conceive in a healthy body, you won't have to worry about getting to your late 20s or early 30s and feel like your clock is ticking or have a laundry list of must-dos to improve your chances of getting and staying pregnant.

The medical journal Human Reproduction took data from church birth records from rural France between 1670 -1830 and concluded that your fertility dramatically decreases when you hit your 30s. But thanks to recent medical studies, they are now proving that ovarian ageing is more about cellular health than age [1].

Your first step to conceiving in a healthy body is to focus on your day-to-day "normal" health issues, including headaches, gut issues, thyroid problems, PMS, hormonal imbalances, skin issues, anxiety, etc. In many cases, all those minor "normal" health issues can become one big problem later, including hormonal imbalances, implantation issues and low egg quality if gone unchecked. Everyone is different. Discovering what areas your body needs target support in can radically improve your situation. Be honest with yourself and look at your everyday health issues and see if anything, including environment, diet and lifestyle, that may be negatively impact your health.

The second step you'll want to take is controlling your mental & emotional health and finding ways to reduce your stress. The way you handle stress will determine the way stress handles you. You let stress get the better of you; it can contribute to your health issues, including hormones, digestive function, immune response, & brainpower.

Learning to become zen-like to YOUR best abilities is KEY in so many ways! Let's face it, we all could do with relaxing more in our lives, especially if you can relate to being type A! Study after study has shown that things like mind-body courses, journaling, meditation, cognitive behavioural therapy, yoga, talking a long walk outside, movement & Emotional Freedom Tequniq can make a BIG positive impact on fertility, including; higher retrieval rates, less chance of miscarriage & higher success rates of pregnancy. Relaxing and reducing your stress levels is not about becoming a zen-master. It's about supporting yourself through the hard times & getting through all life's "downs" with a little more grace.

Doing steps one and two will make step three much easier: Lowering your inflammation & oxidative stress to support your gut health. You can dramatically improve your hormones, boost your immune system, increase your egg quality and support your mental and emotional health, as 90% of serotonin [happy hormones] reside in the gut cells by lowering inflammation & oxidative. Since the body works together as one, if the GUT is out of sync, there are likely other issues! When you focus on a healthy gut and keeping inflammation & oxidative stress low, you'll also be able to manage your weight with ease. The tops ways to take care of your gut is to discover your food intolerances and manage your stress levels!!

By making a few fundamental changes, you can support your body in mantling proper health & keeping your fertility strong for when you're ready to get pregnant (along with limiting the medical support you may need). Remember, you don't have to be perfect; you just need to stay consistent.

[1]
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3508627/>



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RELATIONSHIPS WITHOUT FIGHTING

The Power Couple Problem
Solving Technique

BY RAILEY MOLINARIO

The Love Educator



Hi Lovely, it's Railey!

I know how frustrating it can be fighting with your partner about the same issues weekly and even daily.

I grew up mimicking the toxic mistakes my parents made and was determined to figure out how to live a more powerful life filled with Love, appreciation, and effective communication. So I studied and vowed to share my knowledge with the world.

I am here to give you the tools required to build a happy and healthy long term relationship without fighting. Come along with me on this journey to creating the thriving relationship you deserve.

Are you ready to create the thriving relationship you deserve?

"Relationship intelligence is the key foundation of all successful relationships"

I'm so excited to know you are inspired to improve your life and cultivate the thriving relationship you deserve.

You are invited as a VIP client to join the Relationships Without Fighting Masterclass. [Click here](#) to reserve your spot!

Once you have mastered the Power Couple Problem Solving Technique, your relationship will run much more smoothly. This will give space for you to enjoy more of the positive moments and suffer less during the difficult ones, ultimately resulting in a happier and healthier relationship.



IN THIS MASTERCLASS WE WILL COVER...

1. Why couples fight and how to stop, getting to the root cause of all arguments.

If you think you're arguing about who didn't take out the trash, think again!

2. The Power Couple's Problem Solving Technique

I will show you my 7 step technique that will help you prevent fights forever.

3. How to experience more joy.

Once you have mastered the Power Couple's Problem Solving Technique take your relationship to the next level!



"How are we supposed to know how to Love if no one has ever taught us?"

RAILEY MOLINARIO

WHY ARE RELATIONSHIPS SO DIFFICULT?

These days, social media is overflowing with "hashtag couplegoals", but are these self proclaimed power couples truly as happy as they want everyone to believe? Often full of fights about the same issues weekly or even daily, couples are having difficulty understanding each other's needs, behaviours, and desires. Many are lacking enthusiasm and excitement. Constantly suffering from mistrust, lack of appreciation, and boredom.

As laws and social structures changed across the globe throughout generations, so did relationship dynamics and the institution of marriage. As we gained more freedoms both individually and as a society, we began to move away from the idea that marriage was an administrative transaction and towards the notion that it is an agreement freely made by two people who are in Love. As modern day couples, we believe that relationships are entered into for the psychological fulfilment of both individuals.

With more freedom comes a greater need to educate ourselves and communicate greatly with our partner. Failure to do so affectively results in relationship difficulties. Miscommunication, criticism, defensiveness, stonewalling and contempt can all result from not having the right tools to build a happy and healthy relationship.

These unions are now centred around a journey towards self-actualisation. Studies show that in order to reach this self-actualisation, we must invest significant amounts of time and energy into one another. It's not enough to make relationship goals our hashtags. We must put the time and energy required to perfect our relationship management, turning difficult relationships into thriving ones.

RELATIONSHIPS WITHOUT FIGHTING

Is it possible to have a relationship without fighting? The definition of fight is to struggle to overcome. We understand this through our emotions. When we fight with our partner we feel frustrated, angry, and disconnected.

It isn't possible to agree on everything. Even those couples who seem to have everything in common will still find themselves having different opinions about various ideas throughout their relationships. So, is fighting inevitable in all relationships or is there another way to resolve our issues?

It is normal to have conflict in relationships. Conflict arises when two people do not agree on what has happened or what should happen in the future. This is perfectly ok. There is nothing inherently negative about having a different opinion to your partner. Difficulty comes when those two people are unable to agree on how to move forward and resolve those conflicts.

So, instead of fighting or struggling through our problems, our aim is to learn how to use challenges to make our relationship stronger by implementing the Power Couple Problem Solving Technique. We must remember that when we are having any type of conflict with our partner, it isn't Partner One vs Partner Two. It's the Couple vs the Problem.

I will show you how to work together and find a solution that works for both of you, turning conflict into opportunity for growth.

THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

7 STEPS TO SUCCESS

- 1 Create a safe environment
- 2 Each person states the issue in need of resolution. Do you agree?
- 3 Each person states how they view the issue.
- 4 Each person explains what outcome they desire. Do you agree?
- 5 Together, brainstorm ways to solve the problem. Make a list.
- 6 Pick one you would like to try first. Begin to solve the issue.
- 7 Check in with each other to see if the issue has been resolved. If not, pick another possible solution. Repeat this process as many times as needed until you find a solution that works for both of you.



THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

Practice #1

Continue to practice this technique until you have mastered it.
Use the following forms to guide you along.

1 Environment

2 Issue to be resolved

3 How each views the issue

4 Desired outcome

5 Possible solutions

6 1st solution to try

7 Check in: Have we resolved the issue?

THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

Practice #2

Continue to practice this technique until you have mastered it.
Use the following forms to guide you along.

1 Environment

2 Issue to be resolved

3 How each views the issue

4 Desired outcome

5 Possible solutions

6 1st solution to try

7 Check in: Have we resolved the issue?

THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

Practice #3

Continue to practice this technique until you have mastered it.
Use the following forms to guide you along.

1 Environment

2 Issue to be resolved

3 How each views the issue

4 Desired outcome

5 Possible solutions

6 1st solution to try

7 Check in: Have we resolved the issue?

THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

Practice #4

Continue to practice this technique until you have mastered it.
Use the following forms to guide you along.

1 Environment

2 Issue to be resolved

3 How each views the issue

4 Desired outcome

5 Possible solutions

6 1st solution to try

7 Check in: Have we resolved the issue?

THE POWER COUPLE PROBLEM SOLVING TECHNIQUE

Practice #5

Continue to practice this technique until you have mastered it.
Use the following forms to guide you along.

1 Environment

2 Issue to be resolved

3 How each views the issue

4 Desired outcome

5 Possible solutions

6 1st solution to try

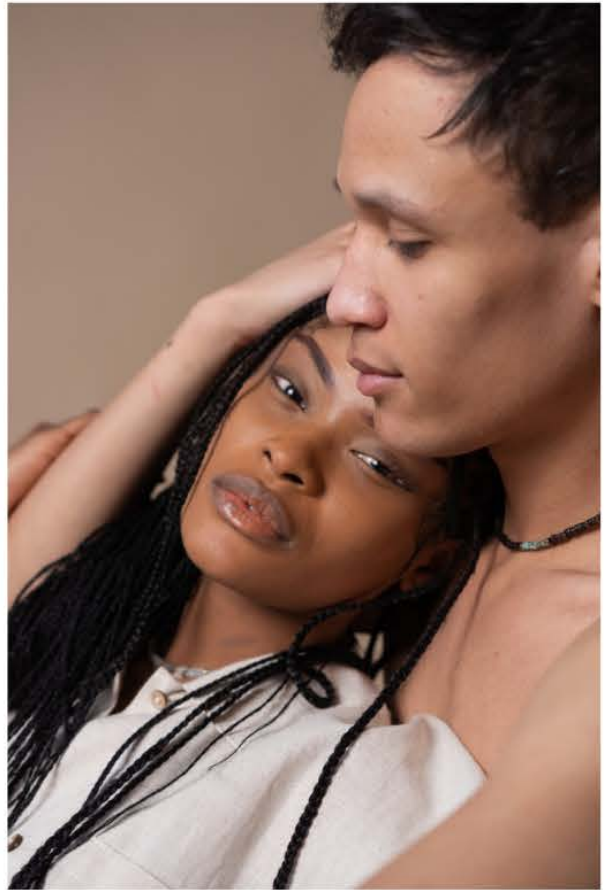
7 Check in: Have we resolved the issue?

Thank you lovely

Now is the time for you to decide where you want to take your relationship.

Remember...

"No longer is it enough to survive, your relationship must thrive. You deserve to be happy."



How can I support you?

Book an introductory meeting with me to analyse your relationship goals

BOOK A CONSULTATION




REMEMBER

It's not partner 1 vs partner 2

It's the couple vs the problem

Railey Molinario



A couple walking away from the camera on a beach or lakeshore. The man is on the right, wearing a white shirt and glasses, holding the woman's hand. The woman is on the left, wearing a white lace top. The background shows a calm body of water and a hazy horizon.

THE POWER COUPLE SUCCESS METHOD

A RELATIONSHIP
COACHING METHOD
WITH A FOCUS ON
RELATIONSHIP
INTELLIGENCE THAT
GUIDES COUPLES TO
ACHIEVE
HAPPY AND HEALTHY
RELATIONSHIPS,
ULTIMATELY
RESULTING IN
HAPPIER AND
HEALTHIER LIVES.

FAMILY DYNAMICS

ANETA BUCKTHOUGHT



HOW OUR FAMILY DYNAMICS AFFECT OUR RELATIONSHIPS HERE AND NOW

By Aneta Buckthought

Building long-lasting relationships in today's modern world have become challenging. Whether we look into romantic, work or social once, there is always some kind of "glitch" that affects us in one way or another. The better understanding of the real core of this challenging dynamic, the better relationships and future we can create for ourselves. The most effective way is to look into family dynamics and start with the relationship between our mother and father and the most common pattern called Triangulation.

Triangulation is a pattern that shows up in the family when the love between the man and the woman cannot be fully completed, and hidden expectations are projected on each other.

The child is then sucked into the relationship and becomes so-called "glue". Meaning that role of the child is to fill the expectations for a mother and the father. And you might wonder how is this affecting individual's life right now?

When the mother doesn't feel her husband's understanding, she will project her expectation onto her child. She then might have a strong opinion regarding potential future love candidates and their interests, education, behaviours, and upbringing...

So, the child is already provided with the wish list that belongs to a mother. And later in life, such children will experience difficulties forming happy relationships as what they are looking at in people is the mother's hidden expectation.

In a situation where the father didn't form a good relationship with the mother, the daughter will show her hidden loyalties to her father by attracting a specific type of man that has many similarities to her own father. For example - If the father had financial issues, his daughter would attract men with similar challenges. To overcome such as dynamic and form happy relationships in life, we need to recognise:

What are the dynamics between your parents are like?

What are the hidden expectations of your mother towards your father?

What is your role as a child?

What are the areas of your father's struggle?

Are you ever sucked into a situation that has nothing to do with you?

What's your parent's opinion on the relationships that you have?

Who else in your family couldn't form a happy relationship?

What are the common limiting beliefs in regards to relationships in your family?

By answering those questions, you will understand the family dynamics that affect you and your relationships here and now.



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Relationship
Intelligence is the
Key Foundation of
All Successful
Relationships

SELF CONTROL & TAKING A BREAK FROM RELATIONSHIPS

By Sonia Seivwright

To suffice, we would term self-control or self-possession as self-discipline. It is a term used to describe a person's ability to control themselves, the power to restrain rash responses and behaviour, as well as to keep unhealthy attitudes and impulses in place.

Self-control is essential for managing obsessions, fears, addictions, and impulsive behaviour. It allows you to command your life, actions, and reactions. It strengthens your bonds with others, cultivates patience and tolerance, and is a valuable tool for achieving prosperity and happiness.

BENEFITS OF SELF-CONTROL

So, what makes self-possession such a powerful trait if developed to its maximum potential?

- You develop an intense sense of self-discipline and willpower to tackle challenging tasks and life obstacles
- You can quickly address your fears and weakness
- You develop patience with life and people

HOW TO HARNESS SELF CONTROL?

Alter Your Beliefs

Recognize the emotions and values that cause you to act out of control. What attitudes and emotions trigger automatic instincts and reactions? Is it someone around you? Reduce impulsivity and rash responses by identifying these feelings and opinions, attempting to clarify them, and determining if they are rational and attractive.

Visualize

Visualize yourself exercising self-control and discipline in your actions. Imagine yourself behaving professionally, with self-mastery and restraint in one of the situations where you usually act out of control. Keep this picture in mind but ensure you do not obsess.

Practice Affirmations

Repeat one of the affirmations below for a minute or two several times a day, particularly when you need to demonstrate self-control: I am fully in command of myself, I can control my feelings and thinking, Self-control gives me inner power and propels me forward, My emotions are under my influence, My actions are under my control, I'm learning to regulate my feelings, I am the mastermind behind my life's maser, My capacity to regulate my emotions and thoughts is improving day by day, and Self-control is pleasurable and enjoyable.

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TAKING A BREAK FROM RELATIONSHIPS IT'S NOT THAT BAD

Being in a relationship can be a real rollercoaster. Sometimes it is warm and giving. Other times it can be a little bit frustrating. Having to commit to a relationship is a responsibility that makes you set aside your Ego and do things to make someone happy. But does that mean you should stop making yourself comfortable?

Most relationships do not go as planned because one of the two does not have anything to give to the other. In that case, you are obligated to nurture your needs before you meet someone else's needs.

STAYING HAPPY WHILE TAKING A BREAK FROM RELATIONSHIPS

Schedule Regular "Self-Time"

Spend some time analyzing where you are in life, your strengths, and weaknesses. How can you turn the latter into the former? Think about your views on everything from your job to global warming and the existence of aliens—then work out why you feel the way you do. Is your reasoning sound? The better you understand yourself, the better you know the world.

Practice Good Selfishness

When we were young, we were taught that putting our interests before others were wrong. This is particularly true for women, many of whom sacrifice their dreams and ambitions to help others achieve theirs. It is also common in the corporate world where the company's good is considered more important than the individual's good. It is good to help others, yet we should have boundaries to protect ourselves from being manipulated or abused by others. You are essential, and if you do not look after yourself physically, emotionally, and spiritually, you cannot expect anyone else to do so.

Bottom Line

I will throw it straight to you; nothing worthwhile will come quickly, and neither is your ability to control yourself. It takes time, so be patient and consistent. The more successful you are at assimilating the concepts and processes of self-control and taking regular breaks from relationships, the more genuinely happy you will be in yourself and future relationships that may lead to a happy marriage, and the happiness will last!

The Lovely Vegan Family

We are a progressive and inclusive international group of vegans. Join us and take a stand for compassion.

[CLICK TO JOIN](#)



POWER COUPLES RESPECT
EACH OTHER'S

INDIVIDUALITY

RAILEY MOLINARIO



SETTING BOUNDARIES WITHOUT CONFLICT

Nazie Spurrier, LCPC

We often think of boundary setting as gearing up for battle. Especially when we are new to this work and have a history of poor boundaries and people pleasing.

But this couldn't be further from the truth and is a very common misconception. Setting boundaries does not require a situation in which you feel like you are trying to get the other person to change so that your needs can be met.

In this article we will take a look at what a boundary is and what it isn't. Without a proper understanding of this, boundary setting will become extremely confrontational and stressful. And it doesn't have to be this way!

If you go in "ready for a fight" with poorly constructed boundaries and the wrong language you'll create a fight. And that means someone is going to lose.

However if you go in with an open heart, offering a well thought out boundary with kind, yet firm language you'll walk away with both parties feeling like they have a choice and options moving forward. There should be no winner or loser. Just two adults having a conversation and making choices.

So what do you need to know to be able to set an appropriate boundary?

1. Know the structure of the boundary you are setting
2. Create an appropriate and specific consequence for crossing the boundary
3. Use the right language

So that looks something like this:

Step 1: What is it that you don't want to happen again? How does it make you feel when it happens?

Step 2: What are you going to do about it if they continue? What is the consequence?

Step 3: Use "I" statements. De-personalize your language. Don't play the blame game by using statements like "you did this" or "you need to do this". It will not end well!

When we follow these steps we can take poorly set boundary like; "I hate it when you're late. You're always running late to everything and it makes me upset, you need to stop."

This statement is accusatory and demanding. It can cause the other person to feel defensive. When we become defensive we stop listening and go into protective mode, which can very easily turn into how you were wrong for "attacking them".

But when we follow the steps, the same boundary can look like this; "When I have to wait it makes me feel like my time isn't being respected. The next time this happens I'm not going to wait around and we will have to reschedule our plans."

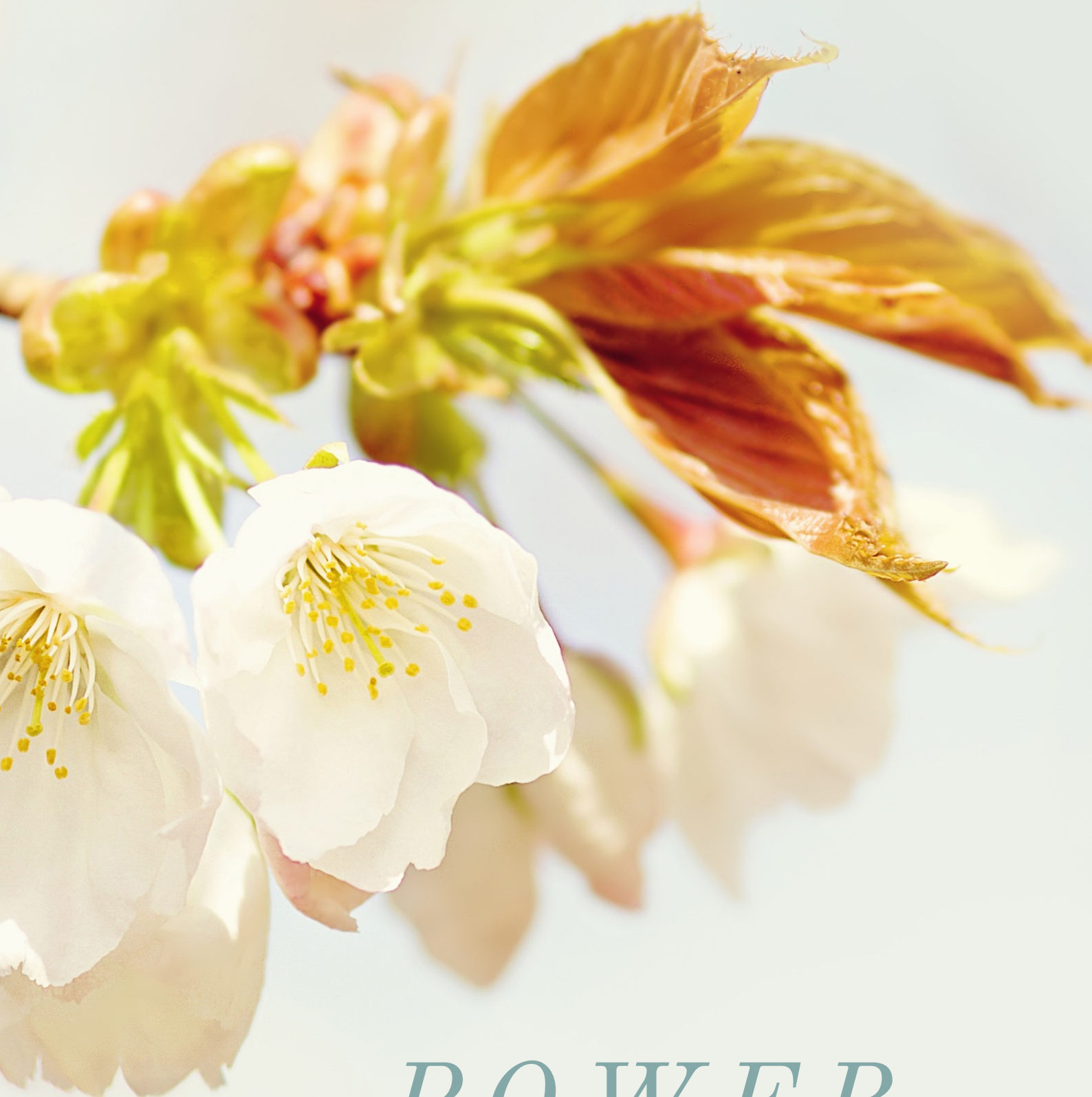
See the difference? With this statement we have de-personalized it. There is no accusatory "you" statements, so there is nothing for the other person to get defensive about. It talks about what actions I will take if this happens again, not what they need to do so there is no demand on them. The consequence is clear, I will not wait and they don't get to hang out with me until they can be respectful of my time.

They get a choice here. If they want to spend time with me, they can't keep me waiting. They have been given an opportunity to contribute to the outcome of how this unfolds. There is no battle necessary.

Setting boundaries doesn't have to be complicated. It doesn't have to be scary. It just takes some preparation and practice.



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POWER COUPLE

A SUCCESSFUL AND HIGHLY
FUNCTIONAL RELATIONSHIP
BETWEEN TWO PEOPLE
DEEPLY IN LOVE.



**ELEVATE YOUR
ENERGY
THROUGH YOUR
BODY AND LEAD
FROM THE
PLACE WHERE
SUCCESS IS
INEVITABLE.**

WRITTEN BY
SOFIA ADAMOVA

You all have heard it. We are energy, everything is energy, we are energetic beings. What does that really mean? How can we use it practically? Especially in our business?? And what is to do with your BODY? Why our bodies are crucial in expressing our inner gifts and living our purpose?

Our energetic self can only express itself and experience life through our bodies. So, the key to a fully empowered experience of life is embodying the energy that you are. The embodiment gives you direct access to your intuition, and how living from the intuitive mind rather than the rational mind you can fully express yourself creatively. It is the FASTEST route available, through your BODY to experience your wholeness here in physical form.

With this one key, you unlock your INNER SUPERSTAR, your innate creative ability to transform every aspect of your life experience- from your health to your relationships, to your sense a of self and purpose, to being successful in you business and create a ripple effect by changing lives of people around you!

ELEVATE

Without this knowing, however, we remain trapped in a limited view and version of ourselves, one that is locked in struggle, suffering and pain.

More than 18 years ago I discovered a set of practises and transformational tools, drawn from sciences of quantum, physics, neurobiology and energy healing and integrated them in a very special way, not intentionally.

This is how Total Energetics Reboot™ was born, my ubique Method, a set of practices you can do on your own to take yourself from confusion, burnout, disease, feeling stuck and frustrated to empowerment, total clarity, joy, creative expression and raring for action.

I would turn to those tools every time I needed a recharge and a major upgrade and boost – it is fascinating what we are capable of, once we know how to use our body correctly: which food will nourish us mostly, which movements will help us tap into unknown parts of ourselves, which practices will unleash that UNSTOPPABLE force within.


And every time I would come back as a new, upgraded version of me, more powerful, more connected to my core, clear on the next steps to take in my life and business and miraculously attracting a highly favourable circumstances in my reality: being offered a 6-figure packages in jobs, landing amazing opportunities in business, finding my soulmate, totally recovering from any setbacks or illnesses I had prior to these reboots.

I never saw that as a chain of events. I didn't go away to those reboots to GET those results; it was my way of living.

There was also a voice inside me, a whisper, that one day I will lead thousands of women and change the world. And that sounded like a faraway dream, a fantasy from a book I must have read. Until now.

My mission is to teach these tools at least 1000 women around the globe, so that they create the life and business they desire and their relationships flourish.



A close-up photograph of a branch with several pink cherry blossoms in full bloom. The flowers have five petals and prominent stamens. The background is a solid, light blue color. The text is written in a cursive font on the right side of the image.

View changes
in your
relationship
as
opportunities
rather than
problems
Railey Molinario

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MOMPRENEUR



KENTY LICHTENBERG



BY KENTY LICHTENBERG

If I look back at 20 years ago, I could never have imagined that I would be a “Mompreneur”. I was not even sure if I wanted kids, I was in the prime of my college life (I am pretty sure you remember how that was). It’s no secret that motherhood changes your whole life. Some of us mom have our babies and other than those babies owning our hearts forever, other areas of life remain the same. Many of us go back to the same job after maternity leave ends, but for some of us, everything changes, that was the case for me.

If after 2020, we have still managed to be in business while, raising a family, being a dedicated partner and living our entrepreneurial dream, then we can most certainly say that we have defied resilience. Especially since the pandemic, data has shown that women entrepreneurs are on the rise. Main reason for this is that many have lost their jobs, and have had to find a new talent, develop it and monetize it all in a very short time frame. Where normally, you would give a business a healthy trajectory of at least 5 years, this is not a time span that we as mompreneurs could afford.

This also means that we had to learn to balance this new found business and our lives...from home. You no longer in an office space, designated for your critical thinking. In all honesty, 5 years into business, I am still struggling to find THAT balance. There is no right or wrong formula and no manual that comes with entrepreneurship. Having a toddler and a 12 years old in house, pushed you to become very creative when conducting business from home. Most people only focus on the glitz and glam of having a business, but we know that behind that drive, there are sacrifices, commitments and discipline to be able to continue producing even during the most challenging times.


It is important to understand that part of that balance is finding time for yourself, mental health as we have seen the last 2 years, has taken a serious hit in our society. It is imperative for us as women that are constantly going to recognize that we are also entitled to a break...and not a self-care Sunday break, but real consistent breaks. After all, you cannot drink water from an empty barrel right (well think of yourself as that barrel). Here are some of the things that I do to find some me time in the middle of kids crying, phone ringing and Zoom meetings:

- Start your day with before everyone else, this would mean waking up 30 min before the rest of the house hold so you can devote to breathing exercises, a good cup of coffee and even meditate to start your day in a good balanced note.
- Use tools like google calendar and digital do list that can give you the possibility to integrate both family and business appointments.
- Although women are great multi taskers, we know that it is not effective and it actually tends to back fire versus helping us move forward.
- Create a goal focus week, versus focusing on completing your daily monstrous “to do list”.

As a mompreneur, you will endure the journey of trials and errors, but you will also encounter new opportunities, challenges and growth that will be essential for the sustainability of your business.

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“BEING A
MOMPREENEUR
IS A JOURNEY”

KENTY LICHTENBERG

LOVE

SELF

WORK



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OWNING A BUSINESS CAN BE MORE THAN A FULL-TIME JOB

AND SO CAN A
RELATIONSHIP

ERICA J. LESTER

By Erica J. Lester

So how can you balance it all in a way that honors you, your partner, and your business?

The key is presence. We say we don't have enough time for everything we want to do. But the harsh truth is that we waste most of it on things that don't matter.

- Business tasks that don't move our business, mission, or bank account forward
- Mindless scrolling on social media
- Being annoyed with our partner over something unimportant

If you want to balance your business and your relationship in a way that gives you the best of both it's time to get clear on where you're spending your time so that you can prioritize what's important.

Then show up one hundred percent to the task at hand. Whether it is business or relationship-focused (or something else entirely).

When you are with your partner be with your partner. Listen to them. Share parts of your day or things that matter to you. Do something together. Savor every moment.

When it's work time focus on your business. Minimize distractions. Do things that actually matter to building your business. Give it everything you have.

Then leave work at work.

But I make more money than my partner and it's a problem.

As women keep closing the wage gap, this is becoming a common situation. So what do we do?

1: Get clear about your feelings

Do you resent your partner for not making enough? Are you devaluing them because of their financial contribution?

If so, clean up your side of the street first. Get honest with yourself.

- Can you recognize their contribution?
- Can you see their value and are you content with it?
- Or does the relationship dynamic feel off to you?

I've often made the bigger financial contribution in our relationship, but my husband balances me out and makes me feel supported enough to do what I do in my career. His contributions are many and they are a big part of the reason for my success.

We are partners, and our partnership works to give us the life we both want. We bring different strengths to the table. It's important to know that.

It starts with you.

When you know you're good, then you can talk to your partner.

2: Don't make assumptions

Create a safe space and talk to your partner about the issue. Don't blame or shame. The goal is to reach a resolution together and you are setting the tone for the outcome.

You may even want to point out to your partner all the ways they do support you.

The only way to solve a problem is to identify the real issue and work together to fix it.

And if you really can't, wouldn't you rather know that now?

Whatever happens, know that it is totally possible to have an epic relationship and business, as long as you learn to prioritize both.

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Legaljob.io

<https://legaljobs.io/blog/women-entrepreneurs-statistics/>

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TINY

SARAH'S CAKES



Hi! I'm Tiny Sarah and I run Tiny Sarah's Cakes. We are a fully vegan company, dedicated to bring delicious cakes to all, no matter their dietary requirements. All served with no diet culture nonsense, but a big heap of joy and colour! Because life is too short to eat bad cake, our bakes are all made to remind you of the treats you loved as a kid - but in vegan version!

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CONNECTION IN OUR *modern* WORLD



JAKE DEL MONTE

By Jake Del Monte

My whole life I've always pondered on the deeper side of life whilst questioning things existentially and thinking philosophically. Our world is a truly fascinating place, if we stopped for a moment to think about it. There are 7.9 billion incredibly complex multi-cellular organisms we've named Humans, thriving on a piece of solidified lava, in a spherical atmosphere we've named Earth, hovering in a vacuum, orbiting a gigantic ball of continuously exploding hydrogen bombs we've named 'Sol', floating in a system held together by an invisible force in a forever stretching universe.

However, due to this being the only existence we can fathom, this is our 'normal'. Pair this with our scarily rapid advancement in Science, Technology, Engineering, Agriculture & Politics we are now arguably the most advanced we've ever been. (Disclaimer – The Ancient Civilisations were advanced in ways we still don't understand yet, so until we decipher their wisdom let us for argument's sake go with the theory, 'we are the most advanced civilisation to have lived on this planet')

With all our advancements, including our newfound ability to facetime someone across the world or even someone who isn't even on our planet (International space station), there is a strong sense amongst many people that we 'lack connection to one another and ourselves'.

Through 5+ years of being a Mentor, Educator & Mindset Coach I have found that kindness and positivity are core factors in developing connections to both others and ourselves. When we accept each other and understand that every single human being has a range of individual abilities and talents, unique to that person that with the correct support mechanism can maximise that persons' impact/influence in their respective field of knowledge/expertise.

When our focus is to bring out the best version of a person by allowing them the safety to express themselves for who they truly are whilst working to enhance their confidence, self-awareness, self-esteem and productivity in their workspace and personal lives. This allows us to not only connect to others but to ourselves, something I would argue has been lost in our 'modern' world.

Once a person feels understood and cared for, they're much more likely to work harder towards their bespoke goals, this is the first step to true leadership within a work space. It is amazing at what a simple smile and question of "how are you today?" and actually caring about the answer can influence a person's work ethic.

If you find yourself feeling distant from others or even yourself. Try this simple act.

Take the time out of your day to genuinely ask either yourself or the person you're trying to connect to 'how are you?' Then actually listen & care about the answer.



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FOR A BETTER LIFE AND RELATIONSHIP

you need better goals and decisions



By Biba Pedron

How is your life today? Are you happy? Do you have everything you want? Do you have the relationship you always dreamed of?

If the answer is not quite, the first thing to do is define better goals and take better decisions.

The problem with lot of people is that they start with a goal rather than a vision. In fact, a goal must come from a vision.

A vision is much more abstract than a goal. A vision is not a plan but rather a way of life, a dream. Your goals will complete the steps to achieve your vision. The define your vision, imagine your perfect life. Imagine that you have received Aladdin's magic lamp, and the genie grants you three wishes. What would you choose?

- Would you start a new relationship. What kind of relationship and partner do you want?

- Would you develop your business, and you double or triple your revenue in 90 days (like many of my clients).

- What would that change in your personal and professional life?

Lot of people have a modest dream-that's okay too. It's your life but describe what you REALLY want it to look like. Don't let others define your vision for you even your partner. It is your life; you define it and control it. But be 100% honest about what you REALLY want. You can do anything, be who you want, achieve what you want deep inside. You have to be aware of this when things don't turn out the way you want them to. Once your vision is clear, you need to write down your goals.

Here's how to define what you REALLY want out of life:

1. Think about the things you would like to change in your life right now.
2. Look at your role models, the people you admire the most, and think about what they all have in common.
3. Study how they got to where they are today.
4. Can you model your plan on their success?

Once your goals and dreams become your top priority, in your head, you will find that everything is more enjoyable to you, and surprisingly, you are going to achieve a lot more.

So what decisions are you going to make TODAY to improve your relationship or get the relationship of your dreams?

Write your goals down from one to ten. Then below each goal write all the tasks and actions that you need to complete in order to reach it.

Your brain doesn't make a difference between the past, the present and the future. When you write your goals on paper, it also prints them in your brain, who think that things are already happening.

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THE POWER COUPLE
SUCCESS
METHOD



CREATE A
RELATIONSHIP WITHOUT
FIGHTING, BOREDOM OR
LIMITING BELIEFS
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