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**ART OF COACHING PODCAST™ EPISODE 341:**  
**3 THINGS YOU CAN DO RIGHT NOW TO IMPROVE YOUR RELATIONSHIP WITH YOUR SPOUSE OR PARTNER**

Think about the moments when you're most likely to need space, especially after stressful events when you know you need time away from human interaction. List 3-5 of these situations below, and give each one a label or name.

Write 3 scripts or phrases you can say to your partner to signal that you're in a "hot zone" and need a break. Consider incorporating the activities or things that bring you joy and rejuvenation into your statements.

Define what help looks like to you. What specific role could your partner take on to help relieve your stress when things build up? How can you communicate this clearly and concisely?



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**Identify your relationship essentials. Write down 3 actions or behaviors that make you feel understood and validated. How can you communicate these needs to your partner in a way that leaves no room for ambiguity?**

**Describe a situation when you felt overlooked and underappreciated. What actions led you to feel that way? If your partner had assumed the role and taken the actions you described earlier, would you have felt more valued?**

**What core values do you lean on as a couple to stay grounded and find common ground when times are tough? While overarching beliefs are important, focus on values that directly speak to your partnership and can be applied to the day-to-day issues you face together.**



## Art of Coaching Podcast™

### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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