

Transcripts

Day1

Hey there, welcome to your relationship reboot. Now this is the first challenge in the seven day series. And if you want to be successful, you want to start out with some wins so that it will build your confidence. So this task on day one is going to make a really big impact regardless of how much work you have to make in your relationship.

I want you to think of this experiment like if we're going to draw something from the bank, money from the bank, you can't withdraw. Money. If you haven't been putting in deposits now in the same way, you can expect to drop positivity and connection from your partner. If there hasn't been that sense of goodwill in your relationship.

So here's the challenge for the next seven days: twice a day, you'll do something that shows your partner that you value, love, or respect them. Somehow you appreciate them. Now, this is going to be above what you normally do, because I'm sure There are a lot of things that we don't count on that we do during the day.

Now these actions are going to be something like sending a text, picking up clutter, maybe you go and get them their favorite coffee, but you're doing something that shows them that there is a goodwill between the two of you. This is actually going to make the next six days of challenges a lot easier.

It's going to grease the wheels for building this foundation of goodwill. And so you might ask, well, why does this work in like any area of your life? You have to put in effort to get what you want. I can hear a lot of you saying that you've been putting in effort and I'll get to that in a minute, but you can't get something if you just works.

You know, um, sporadically couldn't think of the word. Um, and the same goes for your relationship. Cause if you've been in this place where you're stuck in disappointment or lack of connection, then someone has to be the leader. To change this, this dynamic. So focusing on what you can do will actually give you a sense of urgency.

Maybe you haven't actually known what can you do to turn your relationship around, to get your partner, to start talking to you, to rebuild that connection. This is going to be the start. And if you are one of those people, I said, I'd come back to it. Who says I've already been doing this. Let me ask you then, you know, have you.

Possibly been doing it yesterday, this week, maybe this month. Well, if you're, if you haven't been doing this, you know, or if you have been doing this, let me ask you if you're open to the possibility of something possibly different happening when you start to change the input. Now, if you're having trouble with what I'm saying, or even the thought of this challenge, then you might benefit from the.

Bonus audio that I'm doing with this, that's going to be attached. I talk about in that audio, a woman who had told me she had been trying for 16 years. And I want you to hear what I said to her about doing the daily deposits. So if you start doing this task, you'll create or generate more appreciation in the relationship and in a foundation of goodwill.

This positive dynamic is going to allow you to build a stronger foundation as we go, because we're going to be talking about some of the, things The key, the keystone, the cornerstones that build this foundation as we're doing these challenges. So when you consistently make these deposits, you'll

build, you'll build up the goodwill that's going to act like a cushion, and it's really going to allow you to solve problems and apply the principles that we'll be discussing.

So even if you're the only one that's making these efforts, you're going to set the positive tone. That's going to decrease the tension when you do make that ask, especially on it's day three. So I know it could feel awkward or even unfair. You might think, well, why should I be the one putting in the effort?

Well, this challenge for you is about making positive changes within yourself. And these small efforts can lead to significant improvements, even if just one person is doing it. So remember, now this is an experiment and you can always go back to doing what you are doing or not even try, but I want to encourage you to give it a genuine try for the next seven days.

And if you feel resistance. Take a second to acknowledge it. It makes sense. And then let's challenge ourselves to move forward. You can always go back to the way it was. Let's see what happens when you commit to the positive change. Here's some final thoughts. You know, as you're looking these deposits into your relationship bank, You know, again, it might feel uncomfortable, but it's it's positive.

It's important to push through that discomfort because all of these challenges, I promised you a 7 day reboot. Well, there's no free lunches and you're not going to get anywhere. If you don't take this challenge. Seriously, this challenge is about creating new habits and setting the stage for this lasting change.

I guarantee you this works. There's also another guarantee. There's a guarantee that if you sit around and wait for your spouse to be the one to change, the guarantee is that you'll change. Be waiting and you may not have any, you're not going to have any influence on whether that happens. The guarantee also is that if you do this, you will have a sense of accomplishment.

And at the end of this period, you really know how. Or you have to work what you have to do and what you really see what's possible in the relationship. So let's give it a try and see how it impacts your connection with your partner. Now, right below this video is a handout and there's a calendar that you can check off for the seven days.

And there's also some suggestions, like if you get stuck, like, what can I do? Because I'm already doing things. You know, do you pour a cup of coffee or do you, does your partner like jokes? Maybe you can send a joke, a text message or something like that. Maybe you can tell your partner that he's really doing well at some project he's doing.

You can acknowledge his accomplishments or something like that. Again, remember this isn't about, um, you trying to make your partner happy. This is just about setting the stage so that you can make those changes in the next few days. All right.