



EPISODE 7: 5 SIMPLE SHIFTS TO TRANSFORM YOUR MARRIAGE

THE MARRIAGE LIFE COACH PODCAST | SEE SHOWNOTES AT: [MAGGIEREYES.COM/PODCAST/7](https://maggiereyes.com/podcast/7)

Hello and welcome to a very special episode. Today's episode of the Marriage Life Coach podcast is based on a webinar that I recorded in 2018 that has been one of the most impactful pieces of training I have ever created and delivered. I get great feedback on it all the time and I want to share it with you on the podcast today and now I hope you enjoy the Better Marriage Masterclass. Hello, my name is Maggie Reyes and I am so excited to welcome you to the Better Marriage Masterclass. It is great to have you here. My intention for this training session is for you to leave inspired, focused and ready to implement what we talk about today. We are going to dive right in as we have a lot to cover and I want to make sure we focus on what is most valuable for you.

So let's do this. This training is for smart, successful, high achieving soul searching, women who are feeling overwhelmed by the pressures of work and home and are feeling disconnected from their partners. If you want to stay married but you're not sure how exactly to do that and be happy at the same time this training is for you. If you still love your husband but have days when you don't like him that much or you have tried reading books, doing workshops or even therapy, but nothing quite seems to stick. If you're starting to feel more like roommates than soulmates or you feel like life has been a whole lot of blah and not that beautiful lately and you often overwork because going home is not fun or you have a hard time setting boundaries and then resent some of the things that you willingly agreed to do.

I have totally done that by the way. Or if you were passionately in love once and you know you want to find that spark again, this Better Marriage Masterclass is going to help you think differently about all of those things. In fact, if you want to create a thriving, passionate, five-star marriage, pay very close attention because this is going to be some of the best time you've invested in your relationship in a very long time. During this masterclass, this is what we're going





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to cover, how to make real changes in your relationship, even if you have tried other things before and nothing has worked, how to solve almost any problem in your marriage by adjusting just one thing. We're also going to talk about communication and I will bust the number one myth that is keeping marriages stuck when it comes to communication and what you can do about it right now no matter what situation your relationship is in and we're going to talk about how you really can make a massive impact in the quality of your relationship without focusing on changing your partner, even if that sounds crazy to you right now. Now, here's my promise to you. In this webinar, I'm going to give you my step-by-step strategy and how to create a resilient relationship that can bounce back from almost anything you throw at it, but first I want to share some house rules. These are important assumptions that we all want to share together. The first one is this isn't a magic pill. You cannot push a button and poof, you have a healthy, happy, thriving relationship. Emotional work is work. It can be fun sometimes and exhausting other times. The truth is not every marriage can be saved and the only way to find out is to try.

Everything I'm about to teach you will help you create strong, thriving, happy, resilient relationships in almost any area of your life, not just your marriage. However, if you really are married to a narcissistic sociopath only you can decide if that is a marriage you still want to be a part of after all is said and done. Now the good news is most of us are not actually married to jerks. Some of us do have partners with mental health challenges and sometimes we are the partner with a mental health challenge. That does not mean your marriage is doomed. You can absolutely make it work and you will learn several concepts in this masterclass that will help you. Here's another assumption house rule that I want you to have as we take it into this webinar. Neither my clients nor my clients' results are typical. I was gonna say my clients, neither my results nor my clients are typical and we will have a blooper or two because we keep it real.





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Achieving success at anything that matters does require focused effort, not just effort but focused effort, commitment, time, energy, money. Working through fear and resistance is not for the faint of heart, but is the best mountain that you can climb in life. I will give you all the tools and resources and support you need to master your relationships. The rest is up to you. As I mentioned, working through fear and resistance is not for the faint of heart, but your best self and your best marriage are on the other side of whatever you are resisting right now. Okay.

Now tell me, does this sound like you? We just want to check in. Do you feel that you can't really communicate with your partner when it comes to the things that really matter? You either over communicate, under communicate or feel like everything you say falls on deaf ears.

Do you wake in the morning feeling like you have become roommates instead of passionate partners? Do you feel unappreciated and like you're always doing all the heavy lifting in your relationship, but nothing seems to get fully resolved no matter how hard you try. Do you ever wonder if you will have fun, relaxed, fabulous sex again? Do you wonder if you even married the right person and find yourself asking if you would be happier single or with someone else? Are you secretly jealous of other couples who smile and laugh with each other and wonder what they have that you don't and do you secretly think that if things keep going the way they're going, the word divorce is going to come up even though it's something you thought you would never consider. If any of that sounds like you, then I have good news. None of those things are the real problem.

The real problem is that you haven't made what I call the shifts and we're going to talk about what those are in just a second. For right now, just know this. Once you make them, you will stop feeling like you're walking on eggshells and start walking on solid ground in every interaction





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with your husband. You will know exactly how to cultivate connection in your relationship every day so you never feel like just roommates again. You will feel confident in your own skin without self-doubt holding you back from living the life you really want. You'll be free to create a passionate partnership with your spouse, because you won't have that self doubt anymore and you will do all of this while tapping back into the joy you first had when you first got together. You will look forward to coming home and sharing your day and planning vacations and envisioning your future will be fun and exciting instead of scary and stressful.

You will never feel lost in your own life again. Now before we get too much further, let me take a moment to introduce myself so you know who I am and why you should listen to me. My name is Maggie Reyes and I'm a certified life coach and marriage mentor. My specialty is helping very smart, very high-achieving women, have happier, healthier, stronger marriages and I focus on that every day in my private coaching practice. My advice and guidance has appeared in publications like Brides, Martha Stewart Weddings, Life Hacker and Bustle. And for over a year I was the featured relationship specialist on the nationally syndicated radio show, Daybreak USA.

That was a ton of fun. My article on The Seven Habits of Highly Happy Marriages went viral in 2015 and I'm really proud to say it has been read and shared over 300,000 times. That is a lot of times. I have also been married for over 10 years to an introverted computer engineer who is the senior vice president of IT in the credit card industry and a credit card company and he is a passionate gamer. We actively practice all the things that I'm about to teach you now and turn to these tools when we get stuck too. I am not perfect and neither is my marriage. We have breakdowns just like you do. We just do our best to use our breakdowns to create breakthroughs in our relationship. So now let me tell you how I discovered the five shifts. I got married in my thirties after spending my twenties thinking I might never meet someone who really got me.





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When I finally met the love of my life, I did not want to mess it up. When we were planning our wedding, I found lots of articles on 57 ways to fold a napkin and tons of resources for therapy and counseling if you are in a crisis, but it was like a big beige desert of nothing but sand if you wanted to make your marriage happy before it got into real trouble. That's how I ended up starting my first blog, which was ModernMarried.com now all of my content is at MaggieReyes.com. So I'm a little bit easier to find and eventually I discovered that these five shifts make all the difference if you want to have a strong, thriving, peaceful and passionate relationship. As I walk you through these five shifts, I want you to keep two things in mind. Do not confuse knowing with doing. There is an old saying that to know and not do is to not know. I teach that every single one of my private coaching clients, you signed up for this training because something is missing. If you hear me say something, you know, I invite you to look back at the last week or the last month of your life and see how much evidence you have that you are doing what you know.

That is where your work lies to both know and do. Also, some of them may seem really simple just because something is simple does not make it easy and that's okay because you can do hard things, but don't beat yourself up because it sounds simple or you think you should have already mastered it. You are here now. You're paying close attention today you are ready. So let's do this and if you haven't already, this is the moment to grab a pen, get a piece of paper and write down your takeaways and action steps as we go through each shift. Now there are five key shifts you must make to find greater satisfaction, fulfillment, peace, and passion in your marriage. This is the difference between feeling like a motel on the side of the road to feeling like a five star resort on the most beautiful beach in Bali, and I'm going to walk you through all five of them.

Now, the first shift is to decide. To decide to put yourself care first, your marriage second and everything else next, and yes, this includes your kids and your career. I know many of you have a





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spiritual practice, whether it's yoga or meditation or prayer, and that totally counts as self care and goes in the first priority column. I also know many of you cannot imagine putting your kids not putting your kids first at all times. Please hear me, I am not saying, do not take care of your kids. I am saying your children, if you have them, are best served by having role models who practice setting boundaries, prioritizing self care and can show them what a thriving, loving relationship looks like. Okay, ladies, I know right now you're probably thinking, what is this woman talking about? And I want to ask you, when was the last time you felt guilty about taking time for yourself, as if taking time for yourself was taking time away from your marriage and your family?

This is, this is the thing, you cannot give from an empty well. You cannot be running on fumes and create a peaceful, passionate, and loving marriage. That is why the first choice you must make is to make a decision that your daily schedule will reflect your most important priorities. I like to say that your husband didn't marry a wife. He married a woman. What does that even mean? It means bringing your whole self into your marriage, that is what it's all about and the same goes for him. His having passions and interests and fully expressing himself in those things does not mean he has stopped loving you. It means he is human. We are not supposed to have every single need met in one relationship. This is so important. I'm going to repeat it. We are not supposed to have every single need met in one relationship.

It is not healthy. Probably want to write that down, by the way. It puts so much pressure on the relationship and then what happens? It bursts like a pressure cooker, which is exactly what we do not want. So what do we do with that information? We take a moment to look at our desires, that things we want to experience and we look at when, how and where we can work them into our life. If you want to spend more time with your husband and then plan every minute of every day so there's no room for you to spend time together at all, it's not going to happen. I know





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you over-schedulers, I have been an overscheduler. I see you. You must also decide to stop waiting for your husband to change before you take massive intentional action to improve your relationship. You're watching this now. You're listening to this now so I know you are already on it and you must decide that your marriage matters, that your happiness matters, that you will not give up without going all in on yourself.

You decide and then you live into that decision. Every action and every plan and every single thing on your to-do list should be a reflection of an intentional decision, which means you have to turn autopilot off and start manually flying the plane of your life. It might feel a little clunky at first you might swerve and dip. That's okay and totally normal. You are adjusting course and will get to your destination as long as you keep your attention focused on where you are going and not where you have been. So for every one of these five shifts, I'm going to include a power question and the power question for this shift is what kind of wife do I want to be? Write that down. What kind of wife do I want to be? What will I prioritize to make that possible? So important.

And now we're going to go on to the second shift, which is adjusting your perspective. Think about this for a moment. What is the difference between a couple that survived infidelity or a drug addiction or what I call roommate syndrome and is now thriving? The difference is how they interpret that turning point moment. The difference is how they look at it. The difference is perspective. When you are experiencing pain in your relationship. If you're feeling disconnected, that feeling is coming from one place and one place only. Your brain. Whatever circumstance you're in right now can be interpreted in more than one way. The trials that you're going through now can either destroy your marriage or make it stronger than it's ever been. This is how the worst thing that ever happened to us becomes the best thing that ever happened to us because it brought us closer. When you learn to adjust your perspective, you can manage any situation





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that comes into your experience in a whole new way.

Let me give you an example from one of my clients. She was convinced her husband did not care and wasn't doing anything to make the marriage better. Now, this client was your typical overachieving perfectionist. She wanted everything one way. Her way was, of course the best way and anything else was not good enough. When we dug deeper, it turns out that her husband who had been loyal to her for over a decade really did care. He was just absolutely terrified of making a mistake. So he did nothing, not out of disinterest, but because he loved her and wanted to please her and did not know how to do that. Does this dynamic sound familiar to you? If it does, I would just want you to know it's much more common than you think. Realizing her husband actually did care was a turning point in their relationship.

Just like listening to my words right now can be a turning point for yours. Now here's the power question. Is there another way I could look at this? So whatever you're struggling with in your relationship right now, is there another way I could look at this? What assumptions do I need to question right now? Now we all know that feeling good is good for you, especially in marriage, but a bet very few of you know that the research shows that happily married people live longer, are healthier and make more money. Now the keyword here is happily. Unhappy, toxic marriages cause stress and the stress hormone cortisol to rise in the body. And according to a study by the journal of the American medical association, marital stress specifically tripled the risk of heart surgery, heart attacks, or even death in the following five years after the marital stress was discovered.

If you get your relationship right, everything else in your relationship, everything else in your life, of course, as your relationship becomes easier and if not easier, definitely better, including not





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just your emotional health, but your physical and financial health. So let me repeat that. When you get your relationship right, everything else in your life becomes easier. Your physical health improves, your financial health improves, and your emotional health soars. So how do you get your relationship right? Here's one of my favorite secret weapons. That's not so much of a secret. The power of one. For your marriage to stop being a source of stress and start nourishing you and supporting you in all areas of your life, you absolutely must stop waiting for your partner to change, for you to feel better and start using the power of one to make important changes in your relationship right now.

That brings us to the third shift, which is creating change and transforming your relationship starts with one person and their behavior and that person is you. Here's how that works. You take the first step and put some positive action into your marriage and your partner will respond to your new upgraded approach often in surprising and also delightful ways. This doesn't mean your partner gets a free ride at life. It means you take the lead not because your partner deserves it, but because it's the best thing for you and your marriage. Let me give you an example of how the power of one works. This is when I may favorite stories from before I was a life coach. One of my very best friends, her name is Mary. Hi Mary! Was complaining about her heavy in the middle of a rant. I asked her, "When was the last time you thanked him for something?" And she could not remember.

She could not remember the last time she expressed that kind of love, because gratitude is love right, to the person that she loves the most in the world. So of course I challenged her to thank him every day for a week 'cause that's the kind of stuff I did even before I was a life coach. Now, she did not really like this idea. She specifically asked me why she should thank him for things that she felt he was supposed to do in the first place. Does that sound familiar to you? Any





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version of, “Why should I be the one who tries?” Is not useful and it will not make your marriage better. Why should you be the one who starts making changes? Because you were here, because you can, because that is the way you get results. Now, here’s what happened with Mary. I convinced her to try it, just try.

Then I forgot all about it and two weeks later she called me freaking the freak out. It turns out that her husband had stopped at Starbucks and gotten her favorite iced coffee for no reason. Just because, now she said he had not stopped and got her coffee in five years, five years, people. What happened? She started thanking him. He started feeling appreciated. She thanked him more. He started doing things to recreate that feeling and so it went. When Mary decided that she wanted to shift her marriage and used her own power of one to take very deliberate, loving actions, that’s when things shifted for both her and her relationship. Now nobody knows exactly how your partner will react when you start practicing the better marriage protocols that we’re talking about today. But we do know how your partner will react if you don’t. Here’s my power question for you.

What small tweak can I make right now that could have the biggest impact in my relationship? What small tweak can I make right now that could have the biggest impact in my relationship? So here’s a quick recap. At this point, we know that you must decide that your well-being and the quality of your marriage is a priority or it will stay exactly as it is today. We know that you must learn to adjust your perspective and see your situation differently in order to create different results and we know that you can create powerful transformation in your relationship by using the secret weapon, the power of one. Now let’s take a look at the one thing your marriage cannot live without. It’s what I call passionate partnership and it brings us to shift four which I like to call always be friending. Yes, friending. You know how on Facebook, when you click on one of your





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friends things, you see more of them in your feed all the time and if you ignore that friend's posts, suddenly you see less of them.

Or in my Facebook group, The Better Marriage Club, if you click and comment all the time, you see posts from the group all the time. Or if you turn on notifications for the group, they always come up. But if those notifications are not on and you go on vacation for a week and you come back because you went offline during vacation, right? You have to actually come into the group and comment and like some things and then you'll start seeing the posts again. Well, Facebook and friendship and marriage have one thing in common. The more positive interactions you have, the stronger your connection becomes, or as I like to put it, always be friending. Now I'm going to tell you about a concept I developed called relationship elasticity. Think of a rubber band, how you can stretch it and not break it because it's elastic. Now think of your relationship.

What happens when you stretch it? Does it bend or does it break? Relationship elasticity is developing the give and take of loving interactions such that, when something comes up that could break the connection you have, it just bends instead. In order to develop relationship elasticity, you need to focus on what is working well in your relationship and stop focusing on what isn't working. Here's what I mean. First, let's talk about how you've probably been doing it up until now, the old way. You feel like you're on a treadmill of to solve all your problems. The new way, stop trying to solve all your problems. Yes, you heard me correctly. Stop trying to solve all your problems and start developing relationship elasticity by cultivating partnership instead. Every marriage has unsolvable problems. You could go in circles forever trying to solve something that is inherently unsolvable.

If you want to feel better now and you want your marriage to feel better now what you need





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to do is cultivate partnership. Like and love and share with your husband in except in real life instead of on Facebook. Now, a strong partnership makes your relationship elastic. It can bend in almost any direction and no matter what you throw at it, it will bounce back. Now what does cultivating partnership look like? There are some principles. There is acceptance, forgiveness, deliberate loving actions, expressing appreciation. There's confident, compassionate communication, creating emotional safety, minimizing and de-escalating fights when they happen, enjoying each other's company and practicing both emotional and physical pleasure. Now let's talk about friending specifically in the context of communication. I mentioned at the beginning of this class that I would tell you the number one myth that keeps marriages stuck when it comes to communication, and here it is.

Most people think they have a communication problem. Listen to me closely. If you take one thing away from our time together today, take this. You do not have a communication problem. You have a safety problem. Here's what I mean. Think about the last time you tried to communicate about something important and got stuck. Either you or your partner shut down, got angry, started pointing fingers, or refused to make a decision. Do you know what these things have in common? They are all part of a stress cycle. When you are experiencing a stress cycle, your body immediately goes into fight, flight, or freeze. And that stress cycle started because one or both of you did not feel safe. So one of your top priorities in your relationship from this day forward is to look for ways to create safety for yourself and your partner in your relationship.

If you really get this and really start looking for ways to make yourself and your partner feel safer every day this one shift can change, not just your marriage, but any relationship you're struggling with right now. And here's your power question for this shift. What do I need to think and feel and do to feel safe right now? How can I contribute to my partner's feeling of safety?





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Now we can't control our partner's feelings, but we can certainly contribute to how they feel. So what do I need to feel safe right now and how can I contribute to my partner's sense of safety? This fifth shift is how you get it all done. It's how you learn to adjust your perspective and create safety and your own personal power. Just like when you're going to a new country and have no idea where anything is, you need a guide to show you the way.

So shift number five is invest in mentoring. One of my favorite quotes about mentoring is by Sean Hitchcock and it says, "A mentor empowers a person to see a possible future and believe it can be obtained." I love that quote so much. "A mentor empowers a person to see a possible future and believe it can be obtained." Everyone should have a mentor. Mentoring brings you new ideas, accountability, and in those moments when you can't believe for yourself, you can borrow belief from your mentor. In my case, I'm a life coach and a mentor, which means I coach and I mentor my clients. Your mentor has often been down that path before and knows the way home. There are ideas you have right now that you would not have had if you hadn't made time to listen to this class today. Here's how it works. Perspective is how you're looking at things.

Action, what you're doing about the things you're looking at and outcomes, the state of your relationship and the degree of happiness or pain you're feeling right now. How many fights did you have last month? How happy are you in your relationship right now? If you are not happy or as happy as you know you could be, you need a new perspective and new plan and guidance. You need a mentor and a life coach, two for one, so I really invite you to invest in your relationship and invest in mentoring. The most recent research from the Gottman Institute estimates that a couple waits, an average of six years, six years of being unhappy before getting help. If you're one of those couples, you know exactly what that's like. If this is you, if you have been feeling like something is wrong for so long that you don't even remember what it feels like





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when things are going well at home, it's like, what was that like?

Does investing in mentoring sound unusual to you? Here's what I want you to know. I want you to think back to how much you invested in your wedding. According to CNN, the average cost for a wedding in the United States was \$35,329 in 2016 and according to Forbes, the average couple spends about \$4,466 on their honeymoon. That is almost \$40,000 on one day and one week of your life. Do you know how much divorce actually costs? The average cost of a divorce using U.S. Census statistics, would be just about \$53,000 and that's on the low end. That cost skyrockets when you add in assets such as homes and investments. However, the emotional cost of divorce is incalculable. Psychologist Susan Page, who's one of my favorites, says that "While divorce is supposed to free the parties involved more often, it ties them up for years. Feelings of anger, despair, loneliness, and the fear of risking love."

Again, if you're going to do everything you can to have a better marriage then getting a mentor is one of the best shortcuts you can take to know exactly what to do and exactly how to do it. We are used to spending at the beginning of the relationship and at the end of our relationships, but it's really what we do every day in the middle that matters. So think about how much are you investing in your relationship right now today. To not go it alone, find the best mentor out there and spend whatever it takes to work with them. Now today, I promised that I would show you how to make real changes in your relationship even if you've tried other things before and nothing has worked, how to solve almost any problem in your marriage by adjusting just one thing and that I would bust the number one myth that is keeping marriages stuck when it comes to communication and what you can do about it right now, no matter what situation your relationship is in, and also to show you that you really can have a massive impact in the quality of your relationship without changing your spouse, even if that sounds crazy to you right now, by





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using the power of one, here's what you need to succeed.

Let's recap. Decide that you and your marriage are a priority. Adjust your perspective over and over again as many times as needed until you see what you need to see to help your relationship improve. Use the secret weapon, the power of one every day, all the time. Always be friending and invest in mentoring. These five shifts alone are enough to transform your relationship from a one-star motel to a five star deluxe island resort of love and good times. Now you have a choice. You can either take the information of giving you and forget all about it. You can keep struggling to communicate. You can keep trying to solve unsolvable problems. You can keep feeling more like roommates than soulmates and passionate partners. Or if you want to start having the marriage you know you deserve, the relationship you dreamed of having when you first got married, and the confidence to know you can handle whatever life throws at you, then you need to know how to apply all the principles I talked about today to your specific situation in your marriage and that is exactly what we do in one on one coaching.

Now, one on one coaching with me is not for everyone. This is how you know if it's for you, you're inspired right now. Whether this is the first time you've heard me teach or the thousandth, there is something in my approach that just lights you up and you know we can make a great team in making your marriage better. You are ready to invest your money, energy, and time into making your marriage better and solving your marriage problems once and for all. Even if that means rearranging finances, postponing a vacation, or changing up your schedule, you're willing to do whatever it takes to make your marriage better now. You are ready to feel the discomfort of trying new things in order to feel the relief of rebuilding a loving connection with your partner. You know there will be work involved and you're ready to put aside how you feel in this moment to focus on how you want to feel in the long term.





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Especially if you feel emotionally exhausted and mentally overworked right now, you are willing to consider that that can change and you know that I can teach you how. You know in your heart there's a foundation of love your marriage that you can still see, even if it's buried under some disappointment and resentment right now. Clients who are coachable, committed, and decisive get the best results when they work with me. So ask yourself right now, am I ready to try new things? Am I ready to move past my limiting beliefs to invest in my marriage in a way that I never have before? Not just in money, but in time, effort, and energy? If you answered yes to these questions, then I invite you to apply now at maggiereyes.com/coaching So listen, it's been a fantastic time being able to share this information with you and I want you to know that I am so deeply grateful for you being here.

Before you go, I want to share three of the testimonials that I've gotten from clients so you can imagine what kinds of results we can create in your marriage when we work together. This is a client who came to me when she was on the verge of separation, but wanted to make sure she gave her marriage everything she had before she decided what her next steps would be. I think you can feel her emotion really clearly from her words. Here's what she said. "For anyone out there who thinks their's a tough case, a harder case, pretty much a lost cause. Give Maggie a try first. What I most wanted to be able to tell my kids is that I did everything I could. I tried. Their dad tried. No matter what, because of my work with Maggie, I know that I can tell them I did everything I could and I can say today our work just between Maggie and me and how that translated into work between my husband and me has definitely strengthened my marriage.

We are better people because of Maggie. For real." That one just touches my heart every single time. So beautiful. Now here's one from a newlywed who worked with me when she was feeling less than delighted right after her wedding. Here's what she said. "I stumbled upon Maggie's





EPISODE 7: 5 SIMPLE SHIFTS TO TRANSFORM YOUR MARRIAGE

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work while searching online for help with my marriage. As a newlywed, I was not feeling the way I thought I should feel this full, hopeful and settled. I was questioning whether I had made a mistake and I could not sort out my own feelings. I had worked with two counselors prior to finding Maggie, but I felt like all we did was talk rather than take action, I needed someone to ask me the tough questions and to give me constructive ways to dissect my feelings and figure out what my values related to my marriage really are. Maggie helped me do all of this and more.

Her positive and unbiased approach has helped me immensely in this journey and I now have more clarity than ever in regards to not only my marriage, but what I want out of life. Maggie is a joy to work with and I am truly grateful for our time together.” Oh my gosh, that just makes me smile and here’s a client who was married for over 15 years when she came to me. “At first I did not think it was possible to change our relationship with only changing one person’s thoughts, feelings, and actions, but with Maggie’s help, that is exactly what happened. I am very fortunate that my hubby loves me so much and was open and willing to make some changes and ended up doing much of the work right along with me. My biggest issues were my need to always be right, my relentless and unattainable pursuit of perfection and may need to be in control of every situation.

These are issues I have had my whole adult life and that only has my work on. This helped my marriage. It has helped me in all facets of my life. She really treats her job as a sacred relationship and a immediately trusted her with all of my crazy thoughts and feelings and emotions. I never once felt judged or like my issue was too big or too small to talk about. Because of my work is Maggie, our marriage is now the best it’s ever been.” Oh my gosh. I love hearing that so much. So there you go. That’s a little behind the scenes of the kinds of experiences my private coaching clients have when they work with me. If you’re ready to make the marriage





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you have now the marriage you want to have now apply for coaching at maggiereyes.com/coaching. Thank you so much for being here. Now go make your marriage better.

