


A couple is walking away from the camera on a gravel path in a foggy forest. The man is on the left, wearing a grey hoodie and dark pants. The woman is on the right, wearing a long grey coat and a scarf. They are walking towards several tree stumps in the distance. The ground is covered in gravel and some dry grass. The overall atmosphere is misty and serene.

Choose
Love
Everyday



Being in love can be the most beautiful, exciting, and passionate experience of our lives. We all desire love and spend our lives seeking it out. Magic happens when we fall in love. Two people coming together and becoming one entity. Once made, the choice to love someone can have monumental impact on your life and the lives of those around you.

Once love finds you, it needs to be maintained. Being in love isn't all fun and games. The weekends away and the holiday parties fade; the routines of daily life take over. Finances, kids, pets, household chores, and the pressures of work can erode even the most passionate of romances. Realistically this cannot be avoided; however, it can be balanced by choosing to show love to each other every day.

Loving others and allowing yourself to be loved is a choice.

Often, we get caught up in the rush of work and family obligations and forget that we can choose our experience. You can choose to be anxious or excited, angry or relaxed, taken for granted or appreciated. When you're stressed out about work or money, you might choose to volunteer an hour at your local animal shelter or help a neighbor out. Why? Because doing for others makes it impossible to feel any worse.

Similarly, on the days when you or your partner is stressed out or worried or just plain tired, if you focus on love, you will start to feel better. Every minute you spend choosing love in your life will be minutes spent creating experiences that will bring opportunities for growth, compassion, joy, and excitement in your relationships.

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What does choosing love every day look like in real life? The following three strategies—touching each other, playing together, and learning forever—have been instrumental in helping me choose love every day. They are also proven ways to increase the fun in our love life!

Touch each other.

Physical touch is necessary for humans to thrive. Get to know your partner's comfort level with touch—both public and private—so you both feel safe in the relationship. Holding hands, foot rubs, massages, kissing, cuddling, and, of course, sex. Setting a goal to have sex every day is unrealistic and unnecessary. Instead, make time each day to touch each other in some way. A 20 second hug is all it takes on some days, whereas, on a different day, you might end up making out on the couch like young lovers!

Increased pleasure comes from prioritizing communication. What would you like to do more of? Is there something you need less of? I'm comfortable holding hands anywhere; however, kissing is something that I prefer to do privately. For many, the thought of sex after a long day isn't at the top of the list. The key is to share your needs and desires with your partner, no matter what they are.

Play together.

Play is important; it can relieve stress and it increases endorphins. Make time each day to do fun things with those you love. Dance. Laugh. Sing. Play games. Have a picnic. Paint. Cook at home. Eat out. Check out local entertainment. Color. Be in nature or with animals. When you start adding playtime to your relationship, you will wonder how you ever lived without it!

Communication can once again save the day. Do you even know what gets your partner smiling and laughing? Are there pastimes you share? Comedy shows, board games, snowball fights. I've been known to pull out relationship-focused quiz games and personality tests; you may choose cards or board games instead. Feelings of love are comprised of mental, physical, emotional, and spiritual attractions. Play is the way to tap into all of those areas.

Learn forever.

We're not talking academic courses—though if you and your partner lean toward the intellectual a night course at the local university could be a good fit. The point is to find something that you are interested in that can be shared. Perhaps you both love animals, travel, sustainable living, cooking, or art. Adult education programs are popping up across the country; have fun

attending one together, either on a date night or over the course of a few weeks.

Brad and I share a love of animals and nature, so when a rather spontaneous stop at a local ranch to see the animals turned into conversations about a mutual desire to care for horses and take riding lessons, we got excited. Now, this beautiful and connecting experience is something we share with our children as well. What can you learn about that inspires both of you?

Real love exists outside of romance novels.

I didn't know that real, authentic love existed until meeting my fiancée this past year. He showed up in my life in the middle of a parking lot after I had spent years learning to love and accept myself and creating a life that I was proud to share with someone. Having done that work prior to meeting Brad, I was able to recognize his love as worthy of my making an effort.

Some nights, I lie in bed holding the hand of the strongest man I've ever met in my life. A man whose resolve to love me and my son was far greater than his fear of being turned down or of losing us. He has patiently stood by me, unwavering in his love, support, kindness, and encouragement, quietly letting me shine when I was at my best, catching me when I fell, and loving me even more when I'm at my worst. Not once has Brad ever missed a day of choosing to love me.

Choosing love on a daily basis is the best thing I've ever done, and practicing it has become the cornerstone of my relationship with my fiancé, and everyone else in my life for that matter. The choice to love looks different depending on the nature of the relationship, but the underlying value is the same. Joy can be shared between two people when both of them are willing to accept the other for who they are and choose love every single day.

Julia Rose is passionate about working with women and mothers around creating their best life possible. No stranger to the challenges that life can and will throw your way, she has learned that setting limits, saying no, owning her choices, taking care of herself, and being unapologetic and authentic has brought more peace, joy, and connection to her life. She desires for every woman to know that she already has everything she will ever need inside of her. Connect with Julia Rose through her website juliarosecoaching.com or email julia@juliarosecoaching.com.



Love is Shown, Not Said

Entering each day with a loving mindset is only the beginning; you must then choose actions based on those mindsets. Here are three value-based action plans to get you started:

1

Practice Gratitude

Doing things together cultivates feelings of gratitude. Going to the local farms or markets can be an opportunity for sharing positive feelings about the food you eat or the ability to provide healthy ingredients for your family dinners.

2

Show Kindness

Set an agreement to be kind to each other even on the hardest of days. Make your hardworking partner a cup of tea before bed. If your partner is a sleepyhead, take an extra 10 minutes the night before to program the coffee maker. Bonus points if you can do this as a surprise!

3

Have Fun! (in bed)

To increase satisfaction in your relationship, keep an open mind in the bedroom. Take the focus off of the act of sex, and try new things. Draw a bubble bath and invite your partner in. Race to see who can get their clothes off first. Tickle your partner until you both end up laughing.