

## It's The Little Things That Count

As relationships mature, grow and develop people can sometimes forget the little things that can have a positive impact on the quality of the relationship. I put these in three categories: Simple courtesies, simple pleasures, and simple words. Let's look at each of these in a little more depth.

**Simple courtesies.** These are the common courtesies that many people fail to do after a relationship has reached –the taking you for granted stage. Such as saying thank you and please. Opening doors (this is for the ladies too) I have never subscribed to the theory that women are so weak that they need men to open doors for them. Men do it because they have manners. As a man I feel the same way, there is nothing wrong with a woman opening a door or holding it as I pass through rather than let it slam in my face. Remembering special dates, events, needs, wants, desires and dreams. Doing what you say you are going to do whether it is a telephone call or being on time, for anything. Late says what I was doing is more important than you are. One of my pet peeves is people who are late. What an insult. I know, I know - there is traffic, last minute something's, but let these be the exceptions and not the rule.

**Simple pleasures.** Such as sending flowers, greeting cards giving inexpensive gifts for no reason that say you are special, I was thinking about you. Warming up your spouses car in the morning before they head off to the world of commerce. A back rub and foot massage. There are a million ways you can say – you are special. Get creative, get outside of yourself for once, and put the other person in your life first.

**Simple words.** Saying - I'm sorry, I forgive you, it will be OK, I know how you feel, I believe in you, I have confidence in you, you can do it, I'm there for you. This list is endless as well. How often do you go out of your way for that special person in your life? And, you don't have to limit any of these to your partner, spouse or significant other. There is a whole world out there in need of a kind word, a friendly face, a moment of your time. Are we becoming so rushed, busy and pressured as a society that we no longer have or take the time for these three simple behaviors? I hope not. Why not call someone today and thank them for something. Tell them you care, they are special, you were thinking about them. Why not send a small gift, anything a greeting card. These acts do not guarantee successful relationships, but they can go a long way in improving them.

## About the Author

Although you may think personal trainers only work with celebrities and professional athletes, ordinary men and women see benefits from personal.

Source: <http://www.productsherbal.com>