

ModernMarried.com

*The
Love
Upgrade*

**7 Steps to a
5 Star Marriage**

Maggie Reyes



About Maggie



Maggie Reyes is a Life Coach + Relationship Specialist. Her unique brand of **practical marriage advice** has been featured on the radio, magazines and all over the web.

Through her writing, personalized coaching programs and tele-classes, she helps

Smart, Soulful, Successful women who are great at many aspects of their lives, but struggle in love, with learning to accept it, give it, enjoy it and create relationships that thrive. Throughout all her work, she focuses on teaching

Simple tools for healthier, happier relationships.

She believes that love can be simple and marriage can be easy once you recognize that taking care of your marriage is just like taking care of your health:

Small, daily acts of love can prevent most forms of pain and suffering. Regular check-ups and check-ins are essential. And sometimes you need a professional.

Prior to coaching, Maggie spent over 15 years working in Human Resources, where she was the Training Director for a national boutique law firm, and later worked as an HR & Recruitment Manager travelling the globe selecting the best talent for the world's most exclusive residential ship with over 150 private residences at sea.

During her time working in the ultra-luxury segment of the hospitality industry, Maggie learned that what makes a 5 star experience in a hotel, is very similar to what creates **5 star experiences at home**. She empowers her clients and readers to achieve **authentic success in romance, relationships, life and work** through her writing and personalized coaching programs. She is the founder of the popular marriage blog, www.ModernMarried.com.



What is a Love Upgrade?

You are here because you want your relationship to be better, right?

You probably want it to feel like it did when you were dating or first got together.

You might want more *passion*, excitement, fun, laughter, *soul-nourishing* connection.

You might also want it right now, or perhaps, the proverbial yesterday. Already done. Complete fabulousness a.s.a.p.

However fabulousness usually takes more than a minute or two.



One of my new favorite sayings is, "you can't microwave love."

Love is about *time*, connection, *energy*, conversations, *kisses*, big dreams, *little moments*, daily actions, *reactions* and commitments.

So while I wish I could wave a magic wand and make it **Awesome Immediately if not sooner**, that's not very realistic.

What is very realistic and possible is to make it

Awesome Incrementally.

The Hubs likes to say that **small changes over time have the biggest impact.**

I like to agree with him as often as possible. Especially when he is right.

In fact, I often say that baby steps lead to quantum leaps.

This brings us to *The Love Upgrade...*

These are 7 ideas you can **implement immediately** that will (hopefully!) have a lasting effect on your life and relationship for years to come.

The idea behind the Upgrade is **incremental movement.**

Start now, wherever you are and take positive action to create the love you dream of. **Don't wait until the perfect day.** (There is none.)

And don't make it so huge in your mind that you need a butler and a television production crew to pull it off.

All you need is the **belief that it's possible** to create something different for your relationship and your life, **a genuine desire** to experience a deeper connection to your honey, **and an opening in your heart** that is just big enough to let love in.

The size of a **mustard seed** is just fine.

According to the Google, **the definition of an upgrade** is to “raise something to a higher standard, in particular to improve by adding or replacing components.”

A *Love Upgrade* works the same the say.

We are going to add some useful tools to your **emotional tool box** and remove some blocks that are holding you back from fully experiencing the healing power of love.

Something important about a love upgrade is **you do not need your partner to do it with you for it to work.**

You take positive action. You improve, remove, and practice.

You change.

Your partner's actions and reactions will be a response to your newly upgraded approach.

Your relationship changes.

See?

Start where you are, right now, with the love you have in your heart, that's all you need.

Let's go!



Where's the Love?



Pop Quiz!

(AKA My gentle way of showing you where the **Love** can be **Upgraded** in your **Marriage**.)

INSTRUCTIONS: **Print this page**. Then rate a on scale of 1 to 5 where 1 is **not satisfied at all** and 5 is **I am the happiest I could possibly be** in this area:

1. **Emotional & Sexual Intimacy** (Verbal & sexual communication)

- I love our talks. _____
- I feel heard and understood and I know I understand my husband well. _____
- We have a great sex life. _____
- We are both satisfied with the quality and quantity of our sexual interactions. _____
- We are both reliable and speak truthfully to each other. _____
- We trust each other when we make commitments. _____

2. **Appreciation** (Satisfaction & feeling good)

- I regularly express appreciation for my husband. _____
- I regularly receive expressions of appreciation from my husband. _____
- I am satisfied with our relationship most of the time. _____
- We are kind to each other every day. _____
- Since we have been together, I have grown so much, my life is richer and better. _____

3. **Choosing Each Other First** (Fidelity, nurturing, shared commitment)

- We consult each other when we need to make decisions. _____
- We do not see each other as interruptions but as priorities. _____
- I feel we are both equally committed to creating an awesome relationship. _____

4. **Daily Acts of Love** (Friendship, time together, communication)

- We hug, kiss, or demonstrate affection in some physical way daily. _____
- We regularly plan to spend fun time together. _____
- We know what's happening in each other's lives. _____
- We purposefully work as a team, helping each other in big and small ways. _____

5. **Acceptance, Safety & Power** (Non-violent interactions, trust, honesty, managing conflicts)

- I make requests not complaints and am clear in asking for my most important needs. _____
- I can start a delicate conversation without having my partner shut down or tune out. _____
- We balance trust and transparency well in our relationship. _____
- When something goes wrong, I know we will figure it out together. _____
- I listen to my husband's point of view with an open heart. _____
- We regularly share opinions and develop new ideas based on what we share. _____

Whenever you are creating something new – whether it's a project at work or improving your relationship, you need to **start by knowing where you are**. The first thing a GPS does is obtain your location, only then can it plot the map for where you want to go.

Now, let's look at your numbers:

Relationship areas that you **rated 4 or above are Thriving!** Yes! That's awesome!

Virtual High Fives!

Remember to notice and celebrate the things that are going well, even as you work on the items you would like to improve.

Relationship areas that you **rated a 3 are like the warning light** that comes up to tell you your gas is low. **It's time to fill the tank.** Don't leave it for tomorrow or you will run out of gas completely.

In a car that means it stops running. In a relationship the same applies. It stops being a **safe, happy, sexy place** to grow and love and share. The good news is you aren't out of gas yet and you have time to fill your relationship up with some simple loving actions to **keep that love tank on full** instead of empty.

If there were aspects of your relationship that you **rated a 1 or a 2**, we are taking our imaginary car to the hospital, because those areas are in critical condition.

In your heart of hearts, you wish it could be better. You *know that* you could have a **thriving, happy, passionate marriage** and you also know that what you are doing right now – in those areas – isn't working.

And it hurts.

And you have no idea what to do about it.

And that hurts worse.

Because. Movies. Soap Operas. Reality TV. Make it look easy. But it's not.

That's where I come in!

I have studied the marriage research, done the workshops, taken the classes, and used my own relationship as my love-testing-and-tweaking lab, and I am here to tell you that **real life-long-term-happy-thriving-love is sooooo possible.**



And yes, it can be simple and do-able even when it's not easy.

Ultimately, having a **healthier, happier, more satisfying relationship** comes down to two things:



*Believing it is Possible
and Taking Action.*

*It also helps to have a
plan.*

This is where *The Love Upgrade* comes in.

The idea is to upgrade from wherever you are today to move in the direction of having a 5 star marriage.

This is a relationship that feels good, most of the time. We all have ups and downs. Even 5 star hotels run out of towels every now and then, but most of the time, their service is impeccable and the experience is unforgettable.

Thinking about a 5 star marriage means thinking about what would feel wonderful, nourishing and fun *to you*.

Just like the ratings on the quiz – you might not jump from a 1 to a 5 in one day. But you can start moving from being completely dissatisfied to taking action towards feeling better.

The best way to do this is typically to take the smallest step in the direction where you want to go. I call these, "micro-actions." Small changes, over time, that have a big impact.

Why 5 Star? This one is easy. You are here to upgrade your relationship. So let's not waste time on motels and questionable *3-star-that-bed-does-not-look-friendly-hotels* and move right up the chain to a 5 Star **luxury love** experience.

Hotels get 5 stars when they meet certain criteria, let's translate the hotel experience to your relationship.



5 Star Hotel

Your Marriage

Defined Service Standards

Decide. What is your vision for your relationship? What are your love standards?

Beautiful Physical Property

Heart & Home. Is there clutter in your home? Does it feel like a sanctuary? Is there something you need to release for your heart to feel free to love?

Excellence & Empowerment

Bring Your Best Self. Would you rather be kind and loving or right and upset? Are you still trying to change your husband or are you focusing on what you can control?

(Hint: You can only control your own actions and reactions.)

Surprise and Delight Guests

Take Action. I call this “**Vitamin F2 – Flirting & Fun**” Do you do little things that feel good? Do you take Daily Loving Actions to nourish the love in your relationship?

Personalize Everything

Build Your Love Database. Are you still learning about your husband and sharing about yourself? Do you share your dreams and desires? Are you taking action on those dreams?

Have a Defect Resolution System

Ask the Right Questions. All couples have solvable and unsolvable problems. The key is not to eliminate problems to but learn how to manage them.

Reward Their Best Guests

Appreciate. Do you celebrate what is working? Do you regularly express appreciation?

Okay, I'm In! Let's Upgrade!

But Maggie, Where do I Start?

Great question!

First you have made it this far, which means you are committed to loving more deeply and making your relationship a priority. Kudos!

Now, to start upgrading the love in your relationship, I teach a 7-step **Love Upgrade** formula based on the 5 star model of luxury. I believe love should feel better than a hotel. Don't you?

Even though the basic principles are the same for everyone, how you incorporate them into your life are completely unique to you.

Here are the **7 Steps to create a 5 Star Marriage:**

- 1. Decide.** You already took marriage vows. Decide right here and now to recommit to them in a bold new way. Make a decision every morning with regards to who you want to be. Loving? Powerful? Helpful? Supportive? Then ask, "**If I was being _____ right now, what would I do?**" Try it right now as it applies to your partner.
- 2. Declutter.** We typically have 2 types of clutter – **physical clutter in our homes and emotional clutter in our hearts.** To start building trust in yourself and demonstrate your commitment to trying something new: Identify one thing that does not reflect who you want to be and throw it (or give it) away as soon as you finish reading this guide. Start with one thing.

The same holds true for your heart. **Is there something you need to forgive?** Make a decision to let it go – this doesn't mean you accept the behavior, it means you will not let it stop you from being the loving, compassionate person you want to be.

*Decluttering your physical and emotional space brings
your power back to you. Right where it belongs.*



How to Create a 5 Star Marriage...

3. **Bring Your Best Self.** A 5 star hotel has made a decision to **focus on excellence** in every service they provide. From the cutlery to the ingredients in the kitchen, they bring their best to everything they do.

Take a moment right now to **think about your personal best** – your attitudes and commitments, from the clothes you wear to the decisions you make.

What is your personal best?

How is that reflected in your life and marriage?

What is one area where you could upgrade what you are doing today?

4. **Take Action.** Oprah always says that **love is a verb**. It's what we do that matters. I say that our actions reveal our priorities.

Are you prioritizing your relationship?

When was the last time you flirted with your husband?

Take a moment to look at your schedule for tomorrow, do you have time planned for loving connection?

It doesn't have to be a long time, it just has to be on your list.

5. **Build Your Love Database.** Luxury hotels are able to provide personalized service because they keep a huge database on their guests.

Do you regularly discover new things about your husband?

Do you share with him how you are growing and changing?

When was the last time you tried something new together?

How to Create a 5 Star Marriage....

6. Ask the Right Questions. Asking better questions helps you manage conflict when it arises. Instead of focusing on obstacles, take a close look at what you really want – it's probably related to peace, love and thriving. Ask yourself right now:

“How can I contribute to resolving this lovingly?”

7. Appreciate. Appreciation is the superfood for love. It combines every nutrient and maximizes it and makes your love stronger and more resilient.

How can you express appreciation today?

Action Time!

Choose 1 of the 7 Steps to implement right now.

I am choosing step: _____

Here is how and when I will take this step to upgrade the quality of love and connection I feel in my relationship:



Relationship Breakthrough Complimentary Call

If you know you can't wait any longer for your relationship to improve, and you want a loving guide to hold your hand every step of the way, I would be delighted to speak with you!

Making significant changes in your life and relationship takes **time, love and energy**. It also takes a plan – the map to get from where you are to where you want to be.

I have carefully developed my private coaching programs to go in depth into each element of *The Love Upgrade* and provide you with a step by step process to take the mystery out of how to **keep your marriage happy, healthy and sexy year after year**.

Typically, my private coaching programs can run from 8 weeks to 4 months and since every relationship situation is unique, **each program is personalized for your specific needs**.

Research shows that if you are in a **thriving, happy marriage, you will live longer, and be healthier and wealthier** over your lifetime.

Just as relationship problems and stress, spill over into other areas of your life and work, investing in **improving your relationship usually has a positive ripple effect** in many other areas of your life.

If you are ready to have a true breakthrough in your relationship, **I lovingly invite you** to schedule a **Relationship Breakthrough** call with me.

During this call we will:

- **Uncover the hidden challenges** that are keeping you from moving forward in creating the relationship you want
- **Get to the heart of what you need** to do to turn your relationship around
- **Establish a clear vision** for what your version of 5 Star Marriage feels like

[Click Here](#)

To schedule your complimentary **Relationship Breakthrough** call.

With Excitement & Love,

Maggie 