

# The 6 Habits of Soul Mate Couples

by Dr. Jay Ferraro



A fundamental principle of having a “love affair for life” is our belief that “Soul Mates Are Created, Not Found” where the guiding mind-set is asking yourself the question: “Have I earned the love and respect of my partner, TODAY?”

One important way to design your relationship to set it up for success is to cultivate new *Habits* that live inside of committed *Agreements* with each other. This allows you to be intentional about where to focus your energy and invest time because you’ve agreed to doing certain things on a regular basis contingent on your values, not prevailing circumstances.

**The 6 Habits of Soul Mate Couples**, is a virtual “playbook” for what every couple should seriously consider putting into their relationship to practice the *Soul Mate Standard* and design a relationship that is truly extraordinary.

## Habit #1: Date Night

A *minimum* of once a week with your partner only (no kids or friends allowed) to have face time together. Several suggested “rules” are: Keep it simple even if it’s just coffee at Starbucks. Focus only on your feelings and your relationship – zero talk about “issues” or “to-do” lists.

The goal is to connect, not achieve anything or do anything in particular, except get present to one another.

We like to do a bonus “date night” once a week which is our “*Erotic Night*” where we do things that fall within that bucket ensuring this part of our relationship is not an afterthought.

### Our Agreement Is:

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## Habit #2: Logistics Meeting

Once a week, focus on stuff like bills, budgets, scheduled events, upcoming issues, purchases, and decisions that affect you, each other, and the family. This is the “tasks and tactics” of life we all have to get done.

### Our Agreement Is:

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## Habit #3: Family Time

Once a week, spend time as a couple with the children, close friends and/or extended family (or pets for our animal lover friends), enjoying parenting and having fun together as a family unit. For empty nesters we recommend this comes in the form of volunteering together so you are contributing to something bigger than just you or your family – a huge connecting activity!

### Our Agreement Is:

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## Habit #4: Hobby Time

*Twice a month*, we suggest that you do a shared activity that you both have an interest in (e.g. bike riding, the gym, running, cooking classes, lectures, art museums, shooting guns, ballroom dancing, reading a book, going to a play or concert, etc.). We just took up Suba diving together and are doing advanced training and planning exotic trips to explore new worlds together. Then, there's the Harley we both love to ride and go on trips with friends for fun time together with others we care about.

### Our Agreement Is:

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## Habit #5: Leisure Time

*A minimum of once a week*, do something with no required task or desired outcome, such as having a movie night at the house, going out to eat breakfast or lunch during the week, taking a walk, getting a massage together, sitting outside in the backyard and drinking a glass of wine, or watching TV together. Goal = relaxed, no stress time together.

### Our Agreement Is:

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# Habit #6: Couples Retreat

No less than *once a quarter*, spend a weekend of uninterrupted time alone together as a couple. This could be as simple as car camping or booking a local hotel for a Friday night, or as exotic as a weekend getaway to where you got married or took your first overnight trip together.

For us, this also includes investing in our relationship so we attend relationship-focused development programs regularly to sharpen the saw of our love skills. We both feel honored and respected due to the investment of *time, energy* and *presence* into each other and the third person in our life – our relationship.

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