



SEVEN PRACTICES OF  
HIGHLY SUCCESSFUL

*Couples*

***LifeM8Z Life Coaching, and Marriage & Relationship Mentors  
Equipping Relationships and Developing Life Mates One Relationship at A Time***

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**Michael & Myra Holmes**  
**Life Coaches and Marriage/Relationship Mentors**  
[www.LifeM8Z.com](http://www.LifeM8Z.com)



Michael and Myra have been courting for 38 years and have survived and thrived more than 36 years of marriage. They have three daughters two of whom are biological and one was chosen. Michael and Myra Holmes are Certified Professional Life Coaches, Certified Better Marriages Leader Couple, Certified Prepare/Enrich Facilitators, and Co-Marriage Ministry

Servant Leaders at Six Mount Zion Baptist Temple in Hampton VA. In addition, Michael and Myra present marriage/relationship seminars for the Hampton Department of Social Services Healthy Families Partnership and Mary Immaculate Hospital. They have coached and mentored hundreds of couples and have accumulated nearly 55 years of combined experience working at Crisis Intervention Centers, Rape Crisis Centers, Marriage Enrichment events and retreats, parenting education, and church ministries to marriages. Michael served 27 years in the U.S. Air Force before he retired with the rank of Colonel. Myra and Michael enjoy helping couples learn how to give and receive love.

Michael and Myra founded Life M8Z and focused its mission on meeting the needs of married couples, engaged couples, couples thinking about marriage, committed couples and partnerships, and couples preparing for their next marriage. They view potential conflict areas within a relationship as opportunities for growth.



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# *Seven Practices of Highly Successful Marriages*

Why do some couples have “perfect” relationships, while other relationships suffer from the absence of love, passion, and intimacy? Read on as we share the seven practices the most successful couples we’ve coached and mentored have in common.

## **Practice #1. *Commit to an Ongoing Process to Improve Your Relationship***

Successful couples commit to an on-going process of continuously assessing the health of their relationship and fine-tuning it when required. They make it a priority to maintain a healthy relationship by investing time and effort to consistently improve the health of their relationships. Successful couples actively seek out opportunities to gain knowledge and acquire skills to enrich their relationship. They attend marriage and relationship seminars, couple’s retreats, and read books and articles. And lastly, a secret ingredient for many successful couples is they associate with other positive-loving couples and they seek out more experienced couples to serve as their role models and mentors.

## **Practice #2. *Communicate Your Commitment***

Masters of this habit send their mate frequent messages that their love and fidelity is secure. When the dark clouds come and the storm winds begin to blow (and they will), these couples never doubt their bond and commitment to let nothing come between them...together 2-as-1 until death.

## **Practice #3. *Build Strong Relationship by Sharing Your Worlds***

Intimacy is more than just “sex.” Actually, there are 7 types of intimacy. They are:

1. ***Sexual Intimacy***: Sharing a mutually satisfying, enjoyable, and fulfilling sexual relationship



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2. ***Emotional Intimacy***: Feeling safe to openly express hopes, desires, and fears without judgement
3. ***Intellectual Intimacy***: Both partners are free to share their thoughts, ideas, and opposing views in a risk-free environment
4. ***Recreational Intimacy***: Enjoy shared leisure time doing activities that you enjoy doing together
5. ***Social Intimacy***: Develop common friendships with other positive like-minded couples
6. ***Commitment Intimacy***: Work to get to the point that you both know...that you know, you're going to make it
7. ***Spiritual Intimacy***: Enjoy the reward of a strong spiritual connection by shifting your spiritual beliefs from your head, to your heart, and then expressing it in your life together...especially during difficult times. Pray for your mate. As you look into yourself, ask God help you to see you own flaws and areas that you need to improve in order to be a better partner in your relationship.

#### **Practice #4. *Combat Complacency***

Make an effort daily, to show the value you place on your mate through your words and actions. Express the intense joy you feel because you are life-mates. Work hard at improving your relationship and learning how to accept the differences and celebrate the uniqueness your lover brings into your life.



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## **Practice #5. *Respect & Think/Speak Positive Thoughts/Words about Each Other***

The best couples share a mutual respect for each other. They freely share what they admire and value most about their partners both privately and publically. They focus on the “positives” rather than the “negatives” of marriage.

## **Practice #6. *Keep the Flames of Romance and Passion Burning***

Successful couples make it a priority to have meaningful time together and alone. They are intentional in not allowing the pressures of life to cause them to drift apart. Successful couples realize sex is both a thermometer and a thermostat. If the frequency of your love-making has dropped off; all you need to do is to decide to “turn up the heat” and commit to increasing your love-making activities. Surprising your life-mate with a random act of kindness, a love-note, or a romantic picnic are a good start to fanning the flames of romance and passion. And finally, frequently discussing what first attracted you; how you met; and your first kiss will keep those memories alive...and essential ingredient to keeping the white-hot flames of your love-life burning.

## **Practice #7. *Discover Your Best Friend in Your Life Mate***

Successful couples discover their best friend sleeps right next to them. Your Life Mate understands you better than anyone else; they know your strengths and weaknesses; they know your hopes and fears, they are there to lift you when you fall, and they are your #1 Fan and Cheerleader. Your Best Friend and Life Mate is the person you can't imagine living life without.

It is said, for a habit to become a part of you, you must practice it for 21 consecutive days. Myra and I challenge you to integrate these *Seven Practices of Highly Successful Marriages* into your life and make them a part of how you show and express love. When you do, you will find you've taken a huge step toward becoming LifeM8Z.



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