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Heartmind Connections

Feature Article: *Will You Make it or Break it This Valentine's Day?*

So you have been in a romantic relationship for a year or less and this is your first Valentine's Day together. Will your relationship survive beyond this holiday?

It's important to get a sense of what is considered romantic to your girlfriend – which may be a little different than your own take on romance.

1. The Date:

How romantic was the date? It's the effort that counts. Even if you are cooking her a meal at home it's about the ambiance and the mood. Are there candles with the lights turned low, soft music, a nicely set table. How about wine or some sparkling beverage? You can make spaghetti romantic if you try!

Or if you take her out- is it a restaurant that she will enjoy? Is the table fairly private in a quiet romantic restaurant? Taking your date to a busy, noisy restaurant like Cheesecake Factory is far from special and romantic.

2. The Card:

Giving her a beautiful card with a heartfelt message will have her melt! Make sure you write your own personal note to her telling her how special she is to you. If you give her the card with only the printed Hallmark words and just signing your name, then you are missing an opportunity to express your own personal feelings. Your girlfriend may be disappointed that you didn't take the time to personalize the card.

3. The Gift:

Taking the time to pick out a gift that will be meaningful to your girlfriend will go a long way! Different women respond to different gifts. It also depends upon how long you have been dating and how serious the relationship is. If you are dating exclusively for over six months I recommend buying her flowers and piece of jewelry. It doesn't have to be expensive- just classy.

If you have been dating less time and the relationship is a little less serious, you can give her more tokens of affection like chocolate, Love Coupons, a CD of romantic music, a calendar with hearts or a message in a bottle. The idea is to make your girlfriend feel very special.

Once I got a radio as a gift for Valentines Day. I can see that this guy was very practically minded. He might as well as given me a toaster! Needless to say, I was very disappointed. After this, I broke up with this guy. He didn't get me at all!

If orchestrated carefully, you will have a very romantic and special Valentines Day that sets the stage for your future relationship together. If not the right care and attention is given to this high expectation holiday, you can blow your relationship. Not too much pressure!

If you enjoyed this newsletter, please pass it along to your friends and associates.

Do you enjoy reading the latest monthly Heartmind Connections ezine? I would love to hear your comments on my ezine and any suggestions you may have for future issues. You may contact me at: coachamy@heartmindconnection.com. Please feel free to forward to any of your friends who may be interested in learning more about dating and relationships.

Amy's Vision:

"As a personal life coach, my goal is to bring you the information you need to make intelligent and heartfelt decisions about the most significant relationship in your life. We all desire our best life possible. My hope is that you find this information helpful and achieve all your life long dreams."

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