

# **The Seven Steps to Successful Relationships**

**A Practical Guide For Everyone**



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**Keith and Maura Leon**

## About the Authors



Keith and Maura Leon have more than twenty-five years of combined training and experience in the field of personal and professional development. They have completed advanced levels of training with Insight Educational Seminars, and provided workshops and relationship coaching for individuals and couples. Their passion is building relationships that work.

Maura is also a talented painter and jewelry designer. Keith is a gifted musician, singer and songwriter. Both are active members of the Agape International Spiritual Center, and the Agape International Choir. They live in Los Angeles.

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## INTRODUCTION

**G**ood relationship skills are an often sought-after yet seldom understood commodity. High divorce rates, juvenile delinquency, stress-related illness and unethical business practices all point to the need for more effective education in this area. Counselors' and therapists' offices are filled with people seeking to change their lives for the better, and yet we just don't seem to be getting the knack of this thing called "relationship." So what are we to do?

What if you had a simple set of tools that could give you everything you want in your personal relationships? And what if the same tools could support you in achieving successful results in your professional relationships as well? The fact that you are reading this right now is evidence that you are ready to learn these tools, and to create what you want in your life.

First of all, let us tell you a little something about ourselves, and how we came to write this book. We will begin with the story of

### ***Prince Keith and Princess Maura***

*Once upon a time, there lived a beautiful princess named Maura. Princess Maura had a wonderful, joyful life, but she longed for a handsome prince to share her life*

*with. She searched far and wide, and met many fine gentlemen, but none that she could call her prince.*

*Then one day, the angels had a meeting and decided it was time for Princess Maura to meet her prince. The only trouble was, they forgot to tell the princess.*

*And so, when Prince Keith arrived, all ready to sweep Princess Maura off her feet and take her away to the married people's kingdom, Princess Maura said, "Thank you anyway. You seem like a fine young man, but I've grown tired of searching for my prince, and have decided to enjoy my life alone."*

*Prince Keith was undaunted. He had been told by the angels that Princess Maura was to be his wife, and when he saw how beautiful she was, he was overcome with joy and he knew that nothing would stand in the way of their union.*

*Well, it didn't take Princess Maura very long to realize that Prince Keith was in fact the very one she had searched for, prayed for and dreamed of for so long. He was here at last, and he was even more wonderful than she had imagined.*

*And so a royal wedding was announced, complete with family, friends and festivities...*

This is the story we used in our fairy tale wedding invitation, and believe it or not, it's pretty close to what

happened. Our story is actually not that different from many other people.

Keith had spent thirteen years in a marriage that was, in many ways, a really good one, but had made the decision to leave when it became clear that it was no longer going to work. Being a true family man, he longed for someone to fill the empty space he felt in his life.

Maura had spent those same thirteen years in and out of relationships, searching for someone who would appreciate her for who she was, but never quite appreciating *herself* the way she needed to in order to attract the right person.

Both of us had done years of “personal growth” work - everything from twelve step programs to yoga and meditation to books to workshops to you-name-it. And both of us had come to realize that we were worthy of more in our life - that we deserved the very best.

It is our belief that no one meets their life partner until they are completely ready. Before that point, no amount of wishing and hoping can make it happen. But once that point of complete readiness is reached, there is absolutely nothing you can do to stop it. You *will* meet them - and it will be great!

When we found each other, it was great. Our years of hard work had finally paid off. We felt truly blessed. And with our gratitude came the realization that we had a very important mission - to support other people in

creating the relationships they desired, just as we had done.

At first, we thought it would be enough to just be a positive example of what was possible, but we soon came to realize that in the process of our relationship, we were actually developing a very specific set of communication tools, and using them in all aspects of our personal and professional lives - with great success!

As we began to share these tools with others, we found that they were having success with them as well. Soon, more and more people every day were noticing how well we communicated and asking us, “How do you do it?” so we put pen to paper and began to outline our system.

As you’ve probably discovered, there are a number of books available on creating successful relationships, and many of them contain great wisdom. Our purpose is not to duplicate what others have already done well, nor do we claim to have invented a completely new approach. Our purpose is to give you a process that works, presented in a practical way that is easy to follow and gives you a high probability of success.

We are not psychologists - we are relationship experts. The examples we use in this book are from our own experience in our own relationships. This seven-step process worked for us, it has worked for others, and it can work for you too!

This is not just another book that you read to gain insight into your relationships, it is also an active process that you will work through in order to create what you want. At the end of each chapter, there is an activity for you to do to help you put each of the seven steps into practice. You may do the exercises on the pages provided, or, if you prefer, you can use a separate journal.

We recommend you read the book all the way through first, without doing the exercises, to get an overall understanding of the entire process. Then read the book again, doing the exercises as you go.

Also, please keep in mind, as you do the exercises, that it is not necessary to edit your thoughts in order to make your writing better. In fact, it is much better to just write down whatever comes into your mind. This writing is for you, and you alone. No one will be grading it or criticizing it, so send your inner critic on vacation and allow your thoughts to flow freely. If you think you'll need more space to do this, then using a separate journal would be a really good idea.

You will find the techniques outlined in this book to be simple, straightforward and highly effective. They can be learned by anyone, and applied to all types of relationships, including marriages, families, friendships and professional relationships. Just follow the seven steps and you too will discover that these techniques really work!

Some of you reading this might be asking yourselves, “Well, just how much work do I have to do, and how long is this process going to take?” The answer: it all depends on you. If you are really serious about it, you can do a lot of work in a short amount of time. If you are lighthearted about it, then work can feel like play.

The truth is, everyone needs to do the work sooner or later. You can procrastinate. You can resist it. Or you can just face up to the fact that your life is not the way you want it to be - and change it. It’s pretty simple.

This seven-step process took Keith about six months. It took Maura about two years. Your time frame will probably be somewhere in between these two. Doesn’t it make sense to start as soon as possible? Then let’s get going!