

5 Ways To Get Your Man To Help More



TIP #1

Get out of your head and into your heart

This is a big one. I tell people when I am having coaching chats with them that if you think about it like an elevator from your head down to your heart it gets easier and easier to know the difference. When you use phrases like "I think, let me think about it, or I need to think about that", you are firmly in your head or as I like to look at it, in your masculine. Close your eyes and let your heart guide you. I like to take some deep breaths, listen to a meditation song (Devi Prayer is my absolute favorite, I am listening to it right now while I am writing this). Once I get still and slow down, I am able to answers from my heart.

For example:

"In my heart, how am I feeling about this situation?"
Do not use words that you that take you out of it.



TIP #2

Let Him Lead and Don't Complain How He Does It

When we "boss women" are used to leading all day at work and on our businesses, we often say that we just wish he would take care of XYZ...but, we don't actually let that happen do we? No. Now is the time to knock it off.

If you want help and want the sweet release of being responsible for everything in your household, you have actually let it happen. In your feminine, you don't care if he put the dish away in the right place when he is cleaning up. You're just happy he cared enough to help you because he wants to be your hero!

In your feminine you don't care if he made mashed potatoes or fries, you are just loving noticing how great it feels to not have to make that decision to begin with. When we are in our true feminine energy, we are intensely grateful for the gestures and aren't obsessed with "did he do it right".



TIP #3

Have Non-Negotiable Date Nights

One of the things I have learned over time in my personal development journey is that you must carve out time for one another and make it a MUST like Tony Robbins says. This was a tough one for us for a bit. My husband had a story around this part and around having enough money to take me out. In the earlier days of our business, money was simply not that available for big date nights...but here's the thing.

Date nights don't have to cost anything at all. You can make something delicious at home, throw a blanket down and make a picnic. There are a million ways to make this happen, the important part is to MAKE it happen.



TIP #4

Shut Up Once In A While...

Ok ladies, this is likely one of the most important and at the beginning, most difficult ones of all. Shut. The. Fuck. Up....said with love of course. Here's the thing, men will shut down and go into their feminine when we criticize them.

I always ask myself, "Is what you're about to say full of kindness or add value in anyway?". If the answer is no, I shut the fuck up. Simple. And I am here to tell you that I shut up A LOT...the times I have to check myself are far and few between now, but it requires you to get real about YOUR ego and to ask that question.



TIP #5

Ask Him For Help

Ask him for help...he wants to help you. I get it, at work, you are the magician, you make it all happen. This is our trap. We spend all day working our crafts and managing people and projects and the business. We are the ones that people tend to come to for help, so it's foreign for us to ask.

You have heard it a million times..." I am not a mind reader, you have to tell me you need me". Just because you think he SHOULD (that word alone will kill your relationship btw), know what you need, doesn't mean he will. Yes, once you're more in sync with one another, he will likely be able to anticipate your needs, but until then, it's up to you to patiently ask for it. Loving ask for it, with total vulnerability. It's on you

