

BECOMING A **POWER COUPLE**

4 Pillars to Engineer Legendary Marriages

COMPANION BOOK



gabriela
EMBON BSc

DISCLAIMER: The information provided in this book is intended for educational purposes only. It is based on my personal experiences and my work as a coach, and it should not be considered a substitute for professional advice. I am not a licensed psychologist, therapist, or mental health professional, and the content of this book should not be used as a replacement for professional counselling, therapy, or medical treatment.

While I share insights from my own life and from coaching couples, every individual and relationship is unique. The strategies and advice provided may not be suitable for everyone. Readers are encouraged to seek the guidance of qualified professionals for any issues that may require medical, psychological, or therapeutic intervention.

The author and publisher of this book disclaim any liability or responsibility for any adverse effects or consequences resulting directly or indirectly from the use of the information contained in this book. By reading this book, you agree that the author and publisher are not responsible for any actions taken or decisions made based on the information provided herein.

If you have any concerns or require professional advice, please consult with a licensed professional in the appropriate field. Your well-being and the well-being of your relationships are of utmost importance, and professional guidance should always be sought when needed.

Copyright © 2024 Gabriela Embon

All rights reserved.

ISBN: 978-1-0689518-0-0

DEDICATION

To The Creator, under whose divine guidance this book was written with ease and grace.

To my parents, who exemplified what a family is, what a power couple is, and made me believe in love and the beauty and power of marriage as a divine union.

To my grandparents, the bedrock of love and resilience in our family. They exemplified what it means to have a strong and enduring marriage, facing life's challenges together with unwavering unity.

To my beloved husband, my partner in crime, who taught me how to love and accept myself and always supported me on my journey. I cherish our bond and union, and I thank God for having you in my life.

To my children, whom I adore and admire for the kind and generous humans you are. You inspire me with your wisdom, kindness, and gifts.

To the beautiful couples I have guided, and to you, the readers, for taking responsibility for your happiness and the fulfillment of your relationships.

May God bless you with joy, goodness, and a true union with your soulmate.

CONTENTS

1	THE POWER COUPLE CONNECTION HANDBOOK	8
2	Week 1: Daily Goodbye Kisses	10
2	Week 2: Gratitude Bathroom Journal	12
3	Week 3: Morning Hugs	14
4	Week 4: Weekly Dates	16
5	Week 5: Weekly Planning Meeting	18
6	Week 6: The Highest Vision	22
7	Week 7: Monthly Planning & Goals	24
8	Week 8: Surprise Week	28

THE POWER COUPLE CONNECTION HANDBOOK

If you've ever wondered, "Where should I invest to elevate my relationship to new heights?" the answer is crystal clear: **connection**.

Connection is the lifeblood of any relationship—it's the invisible thread that weaves together love, understanding, safety, and trust. When you nurture this bond, you create a safe space where both partners can truly thrive. Yet, many couples find themselves in a connection crisis, feeling unfulfilled and drifting apart.

Building connection creates a ripple effect that positively impacts every aspect of your relationship, from communication to life planning. Before diving into the challenges of communication or conflict, start by nurturing the bond between you. **Connection is where true transformation begins.**

Couples who focus on deepening their connection experience greater joy, navigate challenges with ease, and enjoy a richer, more fulfilling partnership. And it's not just about emotional satisfaction—it has practical benefits too, such as saving money. For instance, couples who plan together are less likely to find themselves at dinnertime with nothing prepared, resorting to expensive takeout. Instead, they align, plan ahead, and work as a team, avoiding unnecessary stress and expense.

This guide is designed to take you and your partner on a journey of deepening your connection, one small step at a time. Each week, you'll introduce a new habit that enhances your bond while continuing to build on the previous ones. Over time, these small yet powerful actions will compound, creating a deeper, more fulfilling relationship.

The idea is simple: add one new habit every week and maintain the previous ones as you move forward. By following this guide with a sense of fun and curiosity, you'll experience the magic of connection unfolding naturally. You'll be amazed at how small, intentional actions can lead to profound changes in how you connect with each other.

As you and your partner practice these habits, you'll notice a remarkable shift in how you connect and communicate. It's about embracing the journey together, making it enjoyable, and watching your relationship grow stronger and more resilient with each passing week.

The Bottom Line: Connection is Everything

Whether you're newly in love or have been together for decades, this manual offers practical steps to help you nurture and deepen the connection with your partner. In doing so, you'll create a relationship that not only endures but thrives, filled with love, respect, and understanding.

The Invitation: To Deepen Your Marital Connection

By embracing these simple yet powerful habits, you can create a relationship that grows stronger with each passing day—one where connection is the key to lasting happiness. Imagine the joy of communicating effortlessly, resolving conflicts gracefully, and feeling truly seen and supported by your partner. Investing in connection strengthens your bond and lays the groundwork for a more joyful and fulfilling life together.

Let's embark on this transformative journey and unlock the magic of a deeply connected relationship!

How to Use This Guide

Each week, you will be introduced to a new habit designed to deepen your connection with your partner. The key idea is simple: each week, continue practicing the previous week's habit while introducing the current week's new habit. This approach allows you to build on the cumulative effect of these small yet powerful actions.

Week 1: Daily Goodbye Kisses

Daily Goodbye Kisses: Kiss each other goodbye and greet each other with a kiss upon return, making eye contact.

Week 2: Gratitude Bathroom Journal

Gratitude bathroom journal: One of the most powerful habits I've learned from Bruce Muzik is to cultivate gratitude in our relationships. This simple yet transformative practice can deepen your connection with your partner and foster a positive atmosphere in your home.

How to Create Your Gratitude Journal:

1. **Choose Your Journal:** Select a notebook that inspires you—a sacred space for your thoughts and reflections.
2. **Set Up Your Table:** Create a three-column table that will serve as the heart of your gratitude practice. Here's how it should look:

Date	Partner 1 Name	Partner 2 Name

3. **Daily Gratitude Practice:** Each day, dedicate a moment to write one specific thing you are grateful for about your partner in the corresponding column. It could be a sweet gesture, a heartfelt compliment, or a moment of support that made your day brighter. Make it personal and meaningful.

Example Entry:

Date	Partner 1 Name	Partner 2 Name
09/30/2024	I'm grateful for the delicious dinner you made last night; it really made my day!	I'm grateful for how you listened to me vent about my work stress today; it made me feel understood!

4. **Placement Matters:** To make this practice even more impactful, place the Gratitude Bathroom Journal in a convenient spot in your bathroom. This way, you and your partner can easily read the daily entries while seated there, turning an ordinary moment into a beautiful opportunity for reflection and connection. You'll find yourself excited to see what your partner has written each day, creating a shared experience of joy and appreciation.

Week 3: Morning Hugs

Morning Hugs: Start your day with a warm hug while still in bed. This simple gesture nurtures physical closeness and emotional connection (Pillar 4: Connection).

Week 4: Weekly Dates

Weekly Dates: Dedicate a regular night each week for a special date or quality time together. This time is all about dating your spouse anew. Whether it's a dinner out or a cozy night in, this ritual helps you reconnect and enjoy each other's company (Pillar 2: Quality Time). Use this time to rediscover each other and discuss current topics or future dreams.

Here's a list of thought-provoking questions to spark both fun and profound discussions, aimed at exploring new chapters in your partner's life:

1. What's a recent moment that made you laugh uncontrollably?
2. If you could have any superpower, what would it be and why?
3. What's your fondest childhood memory?
4. If we could travel anywhere in the world for a year, where would you want to go and why?
5. What's one thing you've always wanted to learn or try but haven't yet?
6. Describe your ideal day—what would you do from morning to night?
7. Imagine we could time travel to any period in history for a day—what era would you choose and why?
8. If you could be in any profession for a year for the next five years, what five professions would you choose?
9. If we had all the money in the world to do any activity together, what would you want us to do and why?
10. What book or movie has had the biggest impact on your life?
11. If you could change one thing about our home, what would it be?
12. What's a dream or goal you have for the next year?

These prompts are designed to deepen your connection, spark laughter, and uncover new layers of your partner's personality and aspirations. Enjoy your date night as a time to nurture your relationship and create lasting memories together.

Week 5: Weekly Planning Meeting

Weekly planning meeting. Every Sunday, sit down together to plan your week ahead. Discuss schedules, goals, and any upcoming events. This shared planning reinforces teamwork and ensures you're both aligned (Pillar 3: Coordination).

Weekly Planning Meeting Template

When: Every Sunday

Purpose: To align schedules, plan meals, and coordinate responsibilities, so you and your partner feel connected and supported.

Duration: 30-45 minutes

1. Review & Reflect

- What went well last week?
- What could be improved?
- Any special moments to celebrate? (Personal or Family Wins)

2. Plan the Week Ahead

Weekly Date Night:

- Day/Time: _____
- Activity: _____

Important Dates & Events:

Date	Event/Activity	Notes
_____	_____	_____
_____	_____	_____
_____	_____	_____

Kids' Appointments/Activities:

Day	Activity	Assigned To

3. Meal Planning

Decide on suppers for the week and who's responsible for preparing or arranging them:

Day	Meal	Who's Responsible
Monday	_____	
Tuesday	_____	
Wednesday	_____	
Thursday	_____	
Friday	_____	
Saturday	_____	
Sunday	_____	

4. Weekly Goals & Priorities

- Personal Goal (Partner 1): _____
- Personal Goal (Partner 2): _____
- Shared Goal for the Week: _____

5. Logistics & Chores

Divide and Conquer: Who's handling which tasks this week?

Task	Assigned To
Grocery Shopping	_____
Kids' Drop-offs/Pick-ups	_____
Household Chores	_____
Other	_____

Final Check-In

- How are we both feeling about the upcoming week? Any adjustments or support needed?
- Words of Encouragement: Take a moment to share something positive to set the tone for the week.

Week 6: The Highest Vision

Create The Highest Vision of Your relationship: The highest vision for your life together should encompass personal goals, couple goals, and family goals across various aspects of your life. Take some time together to think about and record yours here. I've simplified it by selecting the main categories, but more detailed planning can certainly be done as well:

Personal: Career

Partner 1:

Partner 2:

Shared project:

Personal: Leisure

Partner 1:

Partner 2:

Shared project:

Family: Vacations, community life as a family, children's education and activities, etc.

Vacations for the year:

Child 1:

Child 2:

Child 3:

Financial

Income goals:

Savings:

Investments:

Retirement:

Debt reduction:

Education funds:

Travel funds:

Guilty pleasure (or Indulgence) fund:

Budget:

Health/Nutrition/Lifestyle:

Partner 1:

Partner 2:

Family:

Spiritual:

Partner 1:

Partner 2:

Family:

Week 7: Monthly Planning & Goals

Monthly planning and goal setting: Now that you've created your highest vision for your relationship, it's time to turn that vision into action. This is where you shift from dreaming to doing by getting tactical and crafting a monthly plan to start building the life you've envisioned together.

Your highest vision is the guiding star, and your monthly plan is the roadmap to get there. By breaking it down into manageable steps, you make your shared dreams feel achievable and within reach.

Here's how to do it:

1. **Revisit the highest vision you created for your relationship.** Choose a few key areas to focus on this month.
2. **Ask yourselves, "What specific steps can we take this month to move closer to this vision?"**
3. **Break It Down:** For each area, set clear, actionable steps. For example, if quality family time is the focus, plan one fun family outing per week or establish a family game night. Make it something you can commit to and enjoy together.
4. **Schedule It:** Put these activities on your calendar. Whether it's a Sunday hike, a weekly movie night, or simply an hour where everyone disconnects from their devices to be present with each other, scheduling ensures it will happen.
5. **Track Your Progress:** At the end of the month, review how well you stuck to your plan. Celebrate the time spent together and make adjustments to your plan as needed for the next month.

1. Key Areas of Focus for This Month

Choose 2-3 key areas to focus on this month:

Area of Focus	Why It Matters

2. Specific Actionable Steps

For each area, outline clear, actionable steps:

Area of Focus	Actionable Steps	Who's Responsible
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

3. Schedule Activities

Schedule these activities on your calendar:

Activity	Date/Time	Who's Responsible

4. Track Your Progress

At the end of the month, review your progress:

- How well did we stick to our plan?

- _____
 - _____

- Celebrate successes:

- _____
 - _____

- Adjustments for next month:

- _____
 - _____

5. Final Thoughts for the Month

- What did we learn about each other this month?

- _____
 - _____

- What are we excited about for next month?

- _____
 - _____

Week 8: Surprise Week

Surprise week: Surprise your partner in a way that they will love. The key is to tailor the surprise to their love language, ensuring it resonates deeply with their unique way of experiencing love.

Here's a quick guide to help you brainstorm the perfect surprise based on their love language:

1. Words of Affirmation:

If your partner thrives on kind words, a heartfelt letter, voice message, or even a surprise note tucked into their bag or mirror can make their day. Another idea is to share a social media post expressing your love and admiration, letting them—and the world—know how much they mean to you.

2. Acts of Service:

Nothing says “I love you” more to someone with this love language than doing something that eases their burden. Surprise them by completing a task they've been dreading, preparing a special meal, or organizing something they've been putting off. Even small gestures like preparing their coffee or running errands can leave a big impact when done with love.

3. Receiving Gifts:

If gifts make their heart flutter, surprise them with something meaningful. It doesn't have to be extravagant—just thoughtful like a book they've been wanting to read, or something that reminds them of a special memory you share.

4. Quality Time:

For a partner who values undivided attention, plan a surprise day dedicated entirely to them. This could be a picnic at their favorite park, a surprise staycation, or a date night doing something they've always wanted to try.

5. Physical Touch:

If your partner's love language is physical touch, create a surprise that brings you closer. Plan a relaxing evening with a massage or cuddle up together to watch a movie they love.

By referring to your partner's love language, you ensure that your surprise feels personal and genuine, making the gesture even more impactful.

Congratulations! You've Taken Your Relationship to New Heights!

As you complete this eight-week journey through the connection guide, take a moment to cherish the progress you and your partner have made. Each new habit you've embraced together has brought you closer and helped deepen your bond. Reflect on the laughter, the shared experiences, and even the challenges that have strengthened your relationship.

Remember, building connection isn't just a one-time effort; it's a beautiful ongoing practice. The habits you've cultivated will continue to serve you as you nurture and grow your love. Embrace the adventure of discovering each other anew every day and keep that spirit of curiosity alive.

As you move forward, let this guide be a foundation for a lifetime of love, understanding, and connection. Invest in each other and celebrate the magic that unfolds when you say “yes” to one another.

And always remember:

Marriage is not something we are; it's something we do.

Together, let's keep doing it beautifully!

A handwritten signature in a cursive script that reads "gabriela". The letters are fluid and connected, with a lowercase 'g' and a trailing flourish.

THE POWER COUPLE CONNECTION HANDBOOK

Gabriela Embon