

Hi friend!

Big day, big week, and big month! Or is it? It's the State of the Union speech tonight, we change the clocks forward this weekend which means more sunlight and spring renewal around the corner, and it's March Madness...of course if we look hard enough we can find big moments in our everyday routines and relationships. Opportunities abound. The good morning moment you have with your partner, kids, or co-workers is a big moment each day. The decision what to eat, when to take a deep breath, and who to call for help and support are the everyday decisions that we sometimes take for granted. These are the everyday moments that are BIG and have a major impact on our mood and mind.

One of my favorite podcasts is [Finding Mastery with Dr. Michael Gervais](#) (check it out if you haven't heard of it). One of the key takeaways that Dr. Gervais has found after interviewing hundreds of high performers is 'how we do small things is how we do all things'. Read that sentence again. It is another way of saying 'we are what we repeatedly do'. From this mindset there aren't actually BIG days or moments, there is only the present moment and how we show up at every opportunity. The more mindfulness, presence, and intentionality we bring to all aspects of our lives then the big moments don't feel quite as big and we are more prepared to show up for them at our best.

Want to feel more connected to your partner? There are opportunities every single day to reach for connection. It cannot just be something you try to feel on a once a week date night or anniversary. Want your kids to show kindness and patience? That must be modeled every day, thousands of times, for them to learn and integrate the skill.

Unrelated, but awesome: On a quick weekend trip to visit family this past weekend, me and my two kids watched Spiderman: Across the Spider-Verse. Such a good movie, incredible artistic style, and banger soundtrack! Check out [What's up Danger](#) by Blackway and Black Caviar AND [This is My Time](#) by Lecrae.

*Remember that when you schedule your first session you receive a FREE .pdf of '*Check-in & Chill: The Couples Guide to Healthy Communication*'. This one-of-a-kind resource was developed using the best research on helping couples stop their endless pattern of conflicts. Explore 15+ pages of detailed step-by-step instruction, examples, resources to learn more, and FAQ to help your relationship feel more connected. If

you are not an active client then you can purchase this helpful resource (share the link with your friends!) for \$20.



Another crazy election cycle begins...([The American Dream is Killing Me](#) by Green day.

With intention,
-Dr. Dan