

# MHC

MAKING HAPPY COUPLES

**"I'M A WATER SIGN!"**  
What does that mean for your relationship?

**CROCS FOR A FIRST DATE?**

Women's shoes men dislike the most

**GETTING YOU READY TO BUY.**

6 tips to keep in mind

**PASSION, CREATIVITY AND ADVENTURE**

Meet Esmeralda and Juan

**HOW MUCH SEX IS NORMAL?**

Let's talk about it!



VOL. 5

# THE SECRET SAUCE

## Lessons from Ron and Ronit's 20+ Year Marriage

While visiting Japan, we met an incredible couple, Ron and Ronit, who've been married for over 20 years. Even on a family vacation with two of their three sons, they made time for a date, showing how they keep their spark alive. Naturally, we couldn't resist asking: *What's your secret to a happy, long-lasting relationship?*

Ronit's advice was simple: *"Don't sweat the small stuff."* She explained that problems will arise in any relationship, but instead of focusing on the problems, it's better to enjoy more of the good times.

Ron offered his own gem of wisdom: *"Take two minutes to process things."* He shared how those two minutes can make all the difference and change the entire outcome of a conversation, preventing emotional reactions and allowing for more thoughtful responses.

Their advice is a powerful reminder that sometimes the key to a lasting relationship is in mastering the small habits: letting go of the little things and taking a moment to breathe.



**What's your secret sauce?**

**With Love,  
Daniel and Daniella**

Osaka, Japan with Ron & Ronit

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# Home Sweet Home

## 6 Budget-Friendly Decorating Tips... and Couple Bonding Experience!

Who says home decorating is only about style? It's also an amazing way to bond with your partner! Whether you're rearranging furniture or tackling a fun DIY project, transforming your space can bring you closer together – and you don't need a big budget to do it. Here are 6 affordable ways to pimp your home and strengthen your relationship along the way.

### 1 Shop Your Space Together

Before spending a dime, take a walk through your home together. Explore forgotten corners, storage closets, and old decor items. Rearranging your space as a team can be a great bonding experience. Try swapping out items between rooms, and make it fun by discussing how each piece could fit better in different spots. It's like treasure hunting in your own home!

### 2 DIY and Create Together

Few things feel as rewarding as completing a DIY project as a couple. Whether you're repainting an old table or crafting your own artwork, working side by side lets you share creative ideas and develop new skills together. Plus, you'll get to enjoy something you made together every time you look at it!



### 3 Thrift and Flip Adventures

Thrift shopping can be an adventure, especially with your partner. Turn it into a fun date – head to local flea markets or thrift stores and challenge each other to find the coolest item under \$20. Once you score some budget-friendly treasures, you can work as a team to refurbish or upcycle them, adding your own style and flair.

### 4 Greenery and Zen Moments

Picking out plants and caring for them together can become a sweet couple ritual. Discuss which plants would brighten up your space and then shop for them at a local nursery. Once you bring them home, you can both take turns watering and maintaining them. Watching your plants grow is a great reminder of how you're nurturing your home and relationship.

### 5 Swap Out Small Accents – with Teamwork!

Redecorating doesn't have to be a solo mission. Work together to pick new throw pillows, rugs, or curtains that fit your combined style. As you shop for accents, discuss your shared vision for the space. This helps you learn more about each other's tastes and ensures your home reflects both of your personalities.

### 6 Upcycle and Bond

Find creative ways to repurpose old items as a team. Whether it's turning old mason jars into candle holders or using crates as storage, these projects will allow you to brainstorm ideas together. Plus, you'll get the satisfaction of knowing you worked as a team to create something special and functional for your home.

Decorating your home on a budget isn't just about saving money – it's an amazing opportunity to connect with your partner. By tackling these projects together, you'll create a beautiful, personalized space that's a reflection of both of you. So, roll up your sleeves and get ready to turn your home into a budget-friendly, love-filled haven!. **Happy decorating (and bonding)!**

Communication  
essentials



# the art of effective communication

Hello there!

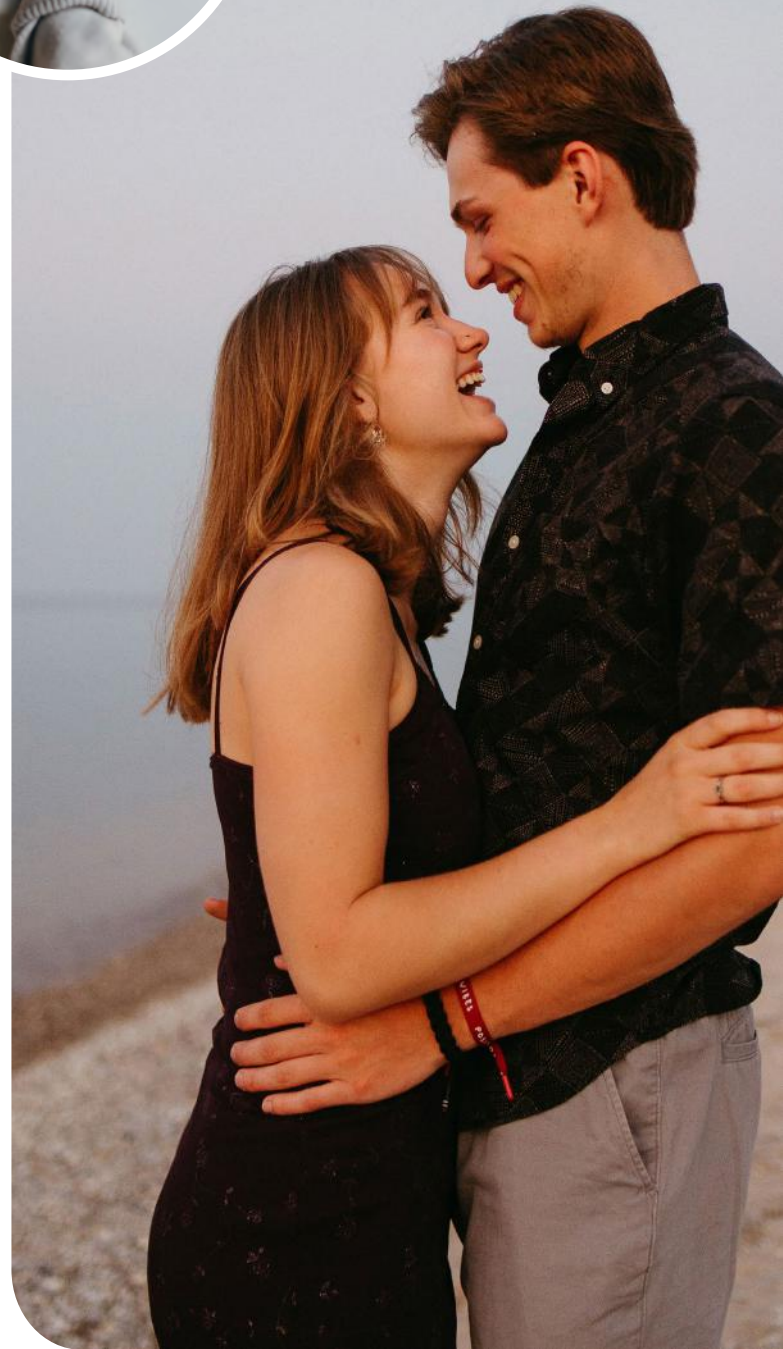
In any relationship, communication is crucial. It's the foundation that keeps the connection strong and healthy. Without it, misunderstandings and frustrations can weaken your bond. Let's explore why communication matters and how you can improve it with your partner.

## Why Communication Matters

Communication is how we express needs, share feelings, and build understanding. When it's strong, it creates trust and intimacy. Think of it as the bridge connecting you and your partner, when communication is clear, that bridge is strong. When it breaks down, the connection weakens.

## Tips for Better Communication

- **Active Listening: Focus on understanding your partner** without interrupting. Reflect back what they've said to show you're engaged.
- **Be Clear and Direct: Avoid misunderstandings** by expressing your feelings with "I" statements. For example, "I feel hurt when..." instead of "You always..."
- **Practice Empathy: Try to see things from your partner's perspective.** Acknowledge their feelings, even if you don't agree.
- **Mind Nonverbal Cues: Your body language and tone** can say more than words. Be aware of these signals and pay attention to your partner's.
- **Choose the Right Time: Discuss sensitive topics** when both of you are calm and focused, not stressed or tired.
- **Handle Conflict Constructively: Approach conflicts with a solution in mind** and aim to resolve issues rather than win arguments.



Effective communication is key to a strong relationship. You can deepen your connection with your partner by listening actively, speaking clearly, and showing empathy. Remember, communication isn't just talking, it's truly understanding each other.

**Here's to stronger relationships!**

**Warm regards,**  
- Sabrina Visconti  
Dating Coach  
visecure.net



# Relationship and Self - Esteem

## A Delicate Balance

By: Marisela Torrealba

Self-esteem is how we evaluate our own worth. When it is dependent on others, our self-esteem becomes fragile, tied to external circumstances such as relationship, job, or financial status, rather than grounded in our true value.

**In relationships, self-esteem can sometimes fluctuate with the ups and downs of romance.** When this happens, the impact can be harmful for both partners. If we judge ourselves based on how successful we are as partners, our self-worth becomes conditional upon the state of the relationship. This places enormous pressure on both individuals, often resulting in a lack of authenticity and emotional freedom.

One partner may feel unable to fully express themselves, while the other may not feel validated. This kind of dynamic fosters unhealthy dependency, where a person's psychological well-being relies on their partner's approval or the success of the relationship.

In contrast, healthy dependency in a relationship promotes feelings of autonomy, connection, confidence, and competence. Your self-esteem should stem from your love, pride, and respect for yourself— independent of any external source. This foundation of self-worth is key to maintaining a healthy, functional relationship that allows both partners to be authentic, express themselves freely, and grow individually.

Personal development is crucial to this process. Cultivating confidence and value independently, outside the relationship, is an excellent way to not only improve yourself but also enhance your relationship. When you become a better person for yourself, you become a better partner too.

**Remember, validation should always come from within.**

**“Cultivating confidence and value independently, outside the relationship, is an excellent way to not only improve yourself but also enhance your relationship.”**



# Balancing love, business and adventure

## Meet Esmeralda Chavez and Juan Acevedo

In today's fast-paced world, couples often find themselves juggling personal ambitions, professional pursuits, and the challenges of staying connected. For Esmeralda Chavez and Juan Acevedo, navigating these intricacies has become an art form. Esmeralda, a vibrant jewelry designer and entrepreneur, and Juan, a nature-loving extreme sports enthusiast and businessman, share a relationship that thrives on creativity, mutual respect, and a shared love for adventure. In this candid conversation, the couple offers insights into their love story, the challenges they've overcome, and how they've managed to build a strong bond while excelling in their respective fields.

**Q: Can you tell us how you first met and what first attracted you to each other?**

Juan: On Esmeralda's birthday, I came uninvited with a friend of hers. I thought she was very cute, then I wrote to her on IG, and she gave me her phone number. On WhatsApp, we started talking and getting to know each other.

*Sometimes the most unexpected plans come with the best surprises!*

### In a nutshell

**How long have you been together?**

Nine years.

**Do you have kids?**

No.

**Where do you live?**

Between Venezuela and USA

**What do you do for work?**

We are entrepreneurs

**A fun fact about you as a couple:**

We have a code name in case of an emergency

**What dynamics or rituals make you unique as a couple and that you would recommend to others?**

We sit together almost every night in the kitchen with a snack and a bottle of wine to talk and listen to music.

**What is the best way for our readers to follow or reach you?**

Instagram: @decogross and @crystaldustdesigns

**Q: We understand you met while living in different cities. How did you manage to have a long-distance relationship at the beginning?**

At first it was difficult because since we didn't know each other much, we felt insecurities, but everything flowed quickly. When we finally managed to be together, we realized how good it felt.

*That is the perfect description of how the time was worth the wait...*

**What advice would you give couples facing the same circumstances?**

Try to keep things as calm as possible, and if you embark on a long-distance relationship, the challenge and the key to success is to trust the other person and give your partner confidence with communication.

*We love how you express your advice by considering how your partner feels rather than how you feel...*

**We understand you both have creative passions in different fields; how does creativity fuel your relationship?**

Creativity is one of our greatest bonds. We love brainstorming and giving ourselves ideas on how to improve our projects. We are both very creative but very different, so that mix makes a good combination.

*You guys must have some very fun conversations...*

**Both of you have personal brands and businesses that could benefit differently based on your location. What compromises have you made to ensure mutual success?**

Although we have several businesses, we believe that we have learned to let each other make the necessary decisions without imposing our own. We like to share ideas, but we respect the decisions that each one makes about their business.

*We love how you tackle things together but still respect each other's personal space.*

**So, Esmeralda, what do you think makes Juan unique?**

Esmeralda: Besides he is super hot, haha... His values and beliefs, his personal principles, and convictions.

**Juan, what do you think makes Esmeralda unique?**

Juan: Her sense of humor, she is always cheerful, and her positivism.





***“Patience is a fundamental virtue for relationships and achieving long-term goals”.***

**... and what do you think makes your relationship unique?**

Being each other’s biggest cheerleaders and providing unwavering support through thick and thin.

*Those are some beautiful #couplegoals*

**Now, on a different note... Esmeralda, we know Juan has extreme hobbies that would make others pee their pants. How do you not freak out every time he has a new idea?**

Esmeralda: At first, I lived in fear, then I saw how happy he was every time he fulfilled one of his extreme dreams. Although I still have a little fear, it is more the satisfaction of seeing him happy that fills me.

*It sounds like a mantra we should all repeat to one another...*

**Nowadays we see more couples deciding not to have kids. What do you think are the benefits of having a relationship without kids?**

We believe that it is a personal decision and should be respected by others. In our case, we do want to have children, but it hasn’t happened yet. In the meantime, we have two cats that we love and enjoy. Not having children until now has given us much more freedom to do more things, but if things changed, we are sure that we would travel and continue having fun with our children.

*Making the most out of any experience...*

**What values do you share, and are the foundation of your relationship?**

Respect, trust, and passion.

**What advice or lessons have you learned from your relationship that you think could help other couples?**

Patience is a fundamental virtue for relationships and achieving long-term goals.



**Lastly, if you wanted to change the world one happy couple at a time, how would you complete the following phrase:**

***Why don't we...  
turn our dreams  
into plans?***

*Esmeralda and Juan’s story is one of passion, respect, and creativity. Their ability to balance their individual ambitions with a shared sense of purpose is an inspiration to any couple trying to navigate life’s many complexities. Through their candid insight advice, they offer a fresh perspective on modern love—one that is built on mutual support, trust, and an unwavering commitment to each other’s happiness.*

Let's talk about sex, baby!



# how much **SEX** is normal?

## Let's Talk About It!

By: Amy Rowan and Dr. Trina Read

Let's face it—everyone's curious about what's "normal" when it comes to sex. **Spoiler alert: there's no magic number.** While we all want to know if we're hitting some secret sexual standard, the reality is, the amount of sex that's right for you is based on, well, you and your partner.

So, how much sex should you be having? We dug into intimacy expert Shan Boodram's take on this and some other juicy insights. Let's break it down.

### The Big Question: How Much Sex is Normal?

This is probably one of the most common questions couples ask: *Are we having enough sex?*

Truth is, there's no universal answer. Every relationship is different, and what works for one couple might not work for another. In Shan Boodram's Instagram video, she says, "The amount of sex of whoever wants sex the least. If that's two times a month, then it's two times a month. And if you want to change that, then change how you have sex with that person."

**Mic drop, right? It's a reminder that sexual frequency should be driven by mutual desire and comfort—not an arbitrary number.**



### What you'll learn:

- **More sex doesn't necessarily equal more happiness:** Research shows that having more sex doesn't directly impact overall relationship happiness.
- **The Goldilocks standard:** Studies suggest that having sex once a week hits the sweet spot for most couples.
- **Desire matters:** If you're not feeling spontaneous, responsive, or compassionate desire, it's probably not the best time for sex.

### Shan's Key Takeaways on Sex and Desire

In her video, Shan touched on different types of sexual desire:

- **Compassionate desire:** You're not super into it, but you're in it for your partner's happiness.
- **Goal-oriented sex:** You don't start out excited but know you'll enjoy the result.

Shan's advice? If neither of you feels spontaneous, responsive, or compassionate desire, then maybe skip the sex that day. Sex should always be consensual and enjoyable for both parties. If someone wants it more, it's up to them to find out why and work on improving the overall experience.



### **But Isn't More Sex Better?**

Actually, no. Some couples have tried the "sex every day" experiment, and the results weren't what they expected. One Calgary couple documented their attempt to have sex daily for a year but quit after just six months. Why? It turned into a chore and, ironically, made their relationship feel strained.

Research backs this up: more sex doesn't necessarily make couples happier. In fact, once a week seems to be the Goldilocks standard—not too much, not too little, just right.

### **How Much Are Other People Having?**

Curious about how you measure up? A 2017 study revealed that adults have sex about 54 times a year—roughly once a week. But don't get too caught up in comparing numbers. What's most important is finding the frequency that works for both of you.

### **Want More Quality Sex? Focus on Intimacy.**

If you're aiming for more fulfilling sexual experiences, remember that sex isn't just about intercourse. Physical intimacy in all forms—like cuddling, foreplay, and sharing fantasies—helps build connection and desire.

Focus on meeting your partner's emotional and physical needs, and the sex will follow. It's not about quantity but the quality of the connection.

### **Wrap-Up: Ready for Your Own Sexual "Goldilocks"?**

Before you start stressing about how much sex you're having, ask yourself a few key questions:

- Is the amount of sex you're having affecting your relationship happiness?
- Are you tapping into spontaneous, responsive, or compassionate desire?
- Would you like to aim for the once-a-week standard for sexual happiness?

Whatever your answers, just know that we're here for your sex'cess (see what we did there?). When you're in tune with your partner's needs, you're creating your own version of a satisfying sex life—and that's something to be proud of.

For more tips, follow us at [@SensationalSxPodcast](https://www.instagram.com/SensationalSxPodcast) or send your questions to [sensationalsexpodcast@gmail.com](mailto:sensationalsexpodcast@gmail.com).

**We've got you covered!**



# THE ULTIMATE GUIDE TO WOMEN'S SHOES

## THAT MEN **DISLIKE** **THE MOST**

by: Esmeralda Chavez

To make a great impression on your date and look flawless from head to toe, it's important to pay attention to your footwear. Surprisingly, many men notice the shoes you wear, especially on a first date.

While fashion is subjective and everyone has their own preferences, some types of women's shoes tend to be less popular among men. Here are a few examples based on surveys and opinions...



*try to avoid***1- Wedge Heels**

Wedge heels often top the list of shoes that men dislike. Despite their comfort and style, many men find them less attractive compared to other types of heels.

**2- UGGS**

UGG boots are known for their comfort and warmth, but they are often seen as bulky and unflattering by men.

**3- Crocs**

Crocs are highly practical and comfortable, but their design is often considered unattractive by many men.

**4- Platform Shoes**

Platform shoes can add height and make a bold fashion statement, but they are sometimes viewed as clunky and over-the-top.

**5- Flip flops**

While perfect for the beach, flip flops are often seen as too casual and not stylish enough for other settings.

**6- Moccasins**

Moccasins are comfortable and casual, but they don't always appeal to men's fashion tastes.

**7- Ballet flats**

Ballet flats are practical and versatile, but some men find them too plain and lacking in style.

**8- Kitten Heels**

Kitten heels offer a modest height boost, but they are often seen as less fashionable compared to higher heels.

**9- Sneakers**

While many men love stylish sneakers, overly casual or worn-out sneakers can be a turn-off on a first date.

*remember*

**Fashion is highly personal, and the most important thing is to wear what makes you feel confident and comfortable. While these shoes might not be favorites among men, they can still be stylish and practical choices for many women.**



# why don't we ● ● ● cook together?

## *Creamy Date-Night Carbonara*

Looking for a simple yet wow-worthy dish to spice up your dinner date? Enter: Carbonara—the ultimate Italian comfort food that's rich, creamy, and totally irresistible. This is the dish that'll make your partner swoon over more than just you. Bonus: it's quick, so you've got more time for the main event—whatever that may be.

### Ingredients

- **Pasta:** 6 oz spaghetti (or fettuccine, because you deserve options)

#### Bacon Love:

- 4 oz pancetta or guanciale (if you want to go super authentic, but bacon works too)

#### Creamy Magic:

- 2 large egg yolks (room temperature)
- 1 large egg
- 1/2 cup freshly grated Parmesan (plus extra for serving)
- 1/4 cup Pecorino Romano (adds a sharp kick)

#### Flavor Boost

- 2 cloves garlic, smashed (for extra zing)
- Freshly cracked black pepper
- Salt to taste

#### Finish Strong:

- Fresh parsley, chopped (optional, for that fancy touch)
- Extra Parmesan for serving (because more cheese = more love)

### Instructions

- 1 Boil & Prep:** Bring a large pot of salted water to a boil. Cook your pasta until it's al dente—meaning still slightly firm, just like you. Set aside 1/2 cup of pasta water for later. Trust me, this stuff is liquid gold.
- 2 Bacon Sizzle:** While the pasta is cooking, chop up the pancetta (or bacon) into bite-sized pieces and toss them into a skillet over medium heat. Cook until crispy and the kitchen smells like heaven—around 5-7 minutes. Add the smashed garlic in the last minute of cooking for some extra flavor, then remove the garlic (unless you're into strong vibes, then keep it).
- 3 Eggy Goodness:** In a bowl, whisk together the egg yolks, whole egg, Parmesan, Pecorino, and a generous amount of cracked black pepper. This is your creamy, cheesy love potion.
- 4 Pasta Party:** Once the pasta is done, drain it (but don't forget to save that pasta water!) and add the hot pasta straight into the skillet with the bacon. Toss everything together for a couple of seconds to coat.
- 5 Cream It Up:** Remove the skillet from the heat and immediately pour in the egg mixture. Toss, toss, toss! Add a splash of that reserved pasta water as needed to create a silky, creamy sauce. Pro tip: work quickly, so the eggs don't scramble. You want creamy, not chunky.
- 6 Plate & Impress:** Divide the carbonara into two bowls, sprinkle with extra Parmesan, and garnish with fresh parsley if you're feeling fancy.
- 7 Date Night Delight:** Serve hot and watch your partner melt over every delicious bite. Don't forget to pour a glass of wine and maybe a cheeky dessert to keep the night going!

## Pro Tips for the Perfect Carbonara

**Pasta Water = Magic:** Don't skip the pasta water! It helps emulsify the sauce, making it rich and glossy.

**Egg-cellent Timing:** Make sure to mix the egg mixture off the heat to avoid scrambling. Smooth and creamy is the goal.

**Wine Pairing:** Try it with a crisp Pinot Grigio or even a bubbly Prosecco—because why not keep the night sparkling?

And there you have it! A creamy, dreamy Carbonara that'll make any date night sizzle. Enjoy, and don't forget to leave some room for dessert... or other things. 😊

# why don't we Date?

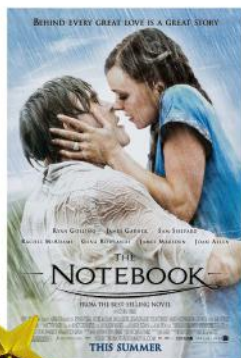
## DIY Movie Marathon —

Transform your living room into a private movie theater with a DIY movie marathon. Pick a theme, gather your favorite films or binge-worthy TV series, and stock up on popcorn and snacks. Snuggle up under a blanket fort or build a pillow nest for maximum comfort. Whether you're laughing, crying, or hiding behind your hands, you'll create memories that'll last long after the credits roll.



## 5 Perfect Movies for a Cozy Date Night In!

Nothing beats a cozy movie night with your significant other. Whether you're in the mood for laughs, romance, or a little adventure, we've got you covered. Here are five movie recommendations that will set the perfect tone for a memorable night together.



### The Notebook (2004)

If you haven't seen this classic yet, now's the time. This emotional rollercoaster of a love story follows Noah and Allie as they navigate the ups and downs of life and love. Bring tissues—it's a tearjerker in the best way possible.



### Crazy, Stupid, Love (2011)

A light-hearted romantic comedy with an ensemble cast, this film perfectly blends humor and heart. Whether you're laughing at Steve Carell's awkward dating attempts or swooning over Ryan Gosling's smooth moves, it's a perfect pick for a fun, feel-good evening.



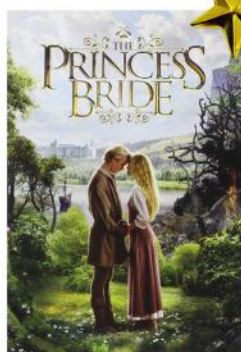
### La La Land (2016)

For couples who appreciate great music and a modern take on romance, La La Land is a visual and emotional treat. The chemistry between Ryan Gosling and Emma Stone makes this a delightful film to watch while snuggled up with your partner.



### The Proposal (2009)

For couples who enjoy comedy with a touch of romance, *The Proposal* delivers plenty of laughs. The chemistry between Sandra Bullock and Ryan Reynolds is undeniable, and the mix of hilarious moments with a sweet romance makes this movie night material.



### The Princess Bride (1987)

A mix of fantasy, romance, and adventure, *The Princess Bride* has something for everyone. It's a charming, light-hearted movie that will have you quoting lines and laughing together, making it a great option for couples who love a little nostalgia.

No matter what kind of mood you're in, these movies are guaranteed to spark connection, laughs, and a few heartwarming moments. So, grab some popcorn, get comfy, and let the movie magic begin!

# SENSATIONAL SEX PODCAST



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# Your First Home

## 6 Steps to Get You Ready to Buy

Buying your first home as a couple is one of the most exciting, yet intimidating, milestones you'll face. It's easy to get swept up in house hunting, but before you start picking out paint colors, there are some important financial steps to take. Let's break it down into simple, manageable steps so that you can make your dream home a reality without the stress.

### 1 Know Your Budget — Beyond the Mortgage

Before you even step foot in an open house, it's crucial to figure out your budget. Start by reviewing your combined income, expenses, and savings. Keep in mind, the cost of a home goes beyond just the mortgage. You'll also need to account for:

- Property taxes
- Homeowners insurance
- Maintenance and repairs
- Utilities
- Closing costs and down payments

**Tip:** Most experts recommend that your mortgage payment shouldn't exceed 25-30% of your take-home pay.

### 2 Build Your Credit Together

Your credit score plays a huge role in the home-buying process. The better your score, the better your loan terms and interest rates will be. If you and your partner have different credit scores, lenders will often take the lower score into account.

**Tip:** Start by paying down debt, making timely payments, and keeping credit card balances low. Check your credit reports to ensure accuracy and dispute any errors that might affect your score.

### 3 Save for a Down Payment and Closing Costs

A good rule of thumb is to save 20% of the home's price for a down payment. However, there are options if you don't have that amount saved. Programs like FHA loans allow lower down payments, but you may have to pay private mortgage insurance (PMI). Don't forget about closing costs, which typically range between 2-5% of the loan amount.

**Tip:** Set up a dedicated savings account for your down payment and automate contributions each month. It's easier when both of you are on the same savings plan.



**Tip**  
Visit the neighborhood at different times of day to get a feel for the community.

**You want to make sure it fits your lifestyle and long-term plans.**



## 4 Get Pre-Approved for a Mortgage

Before you start seriously looking at homes, get pre-approved for a mortgage. This step shows sellers you're serious, and it gives you a clear picture of how much you can afford to borrow. Be prepared to provide proof of income, tax returns, and details about your financial situation.

**Tip:** Shop around for the best mortgage rates and terms. A small difference in interest rates can make a big impact on your monthly payments and long-term costs.

## 5 Consider Additional Costs of Homeownership

Owning a home comes with a whole new set of expenses beyond the initial purchase. Things like:

- Home repairs and maintenance (Think new roofs, plumbing issues, etc.)
- Landscaping or HOA fees
- Potential renovations

**Tip:** Set aside 1-3% of the home's value annually for repairs. Starting an emergency fund for your home can ease the stress when the unexpected happens.

## 6 Research the Neighborhood and the Market

Your home's location is just as important as the house itself. Spend time researching the area where you plan to buy. What's the crime rate like? How are the schools? What's the resale value of homes in the area?

**Tip:** Visit the neighborhood at different times of day to get a feel for the community. You want to make sure it fits your lifestyle and long-term plans.

Buying your first home together is an exciting journey, but the process can be overwhelming if you're not prepared. Follow these steps, take your time, and make sure your financial foundation is strong before you start house hunting. With a little planning and teamwork, you'll be handing over the keys to your new home in no time.



# PRODUCT OF THE MONTH

## Spa Gift Set For Couples

Shared Serenity - Bath Salt Edition is a beautifully crafted gift box designed for couples with everything you need for DIY spa date at home.

- With aromatherapy candles, bath salts, tea, pure honey, and more...
- The perfect gift for relaxed quality time together
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Shop: [etsy.com/shop/GiftOfBlissCo](https://etsy.com/shop/GiftOfBlissCo)



*packing...*  
men vs. women



# How Zodiac Elements Shape Our Movement and Relationships

*Fire, Earth, Water, Air*

by: Mariamely Leoni

Did you know that each zodiac sign is shaped by five core elements? Each sign is associated with an animal, a body part, an element, a motivation or interest, and a way of interacting with others. These factors combine to create the unique characteristics of every zodiac sign. I'm bringing this up because I'm sure you've heard things like "I'm a water sign" and might not have known exactly what that means. Well, today you're not only going to find out what it means, but also why it's relevant when it comes to relationships.

In this issue, we're going to focus on the elements (fire, earth, water, air). These elements reflect a person's need for physical movement—not just their energy level, but the deeper motivations behind why they move and how they engage with the world.

If you've ever found yourself wondering, "Why does my partner need eight hours of sleep while I'm good with five?" or "Why is it so hard for them to stay still?" then keep reading.

The elements have a lot to do with these differences. Fire signs (Aries, Leo, Sagittarius) are driven by passion and excitement, constantly needing action to feel alive. Earth signs (Taurus, Virgo, Capricorn), on the other hand, thrive on stability and prefer steady, grounded, predictable movements. Water signs (Cancer, Scorpio, Pisces) are more fluid, emotionally driven, and tend to move at their own pace, while Air signs (Gemini, Libra, Aquarius) are intellectual, quick thinkers who like to flit from one idea—or activity—to the next.

So, when it comes to your relationship, understanding your partner's elemental nature can help you navigate how they approach everything from daily routines to long-term goals. Let's dive into the world of elements and see how these ancient forces shape modern love and compatibility.

## Earth Signs (*Taurus, Virgo, Capricorn*)

- **Motivation:** Stability, security, and practicality are the foundations of earth signs. They are motivated by tangible results and the need to build something lasting, whether it's a relationship, a career, or a home.
- **Movement Style:** Steady, grounded, and deliberate. Earth signs move with purpose, preferring to take their time to ensure everything is done right. They're not in a rush but are always making progress. Their movements tend to be slower and more methodical because they value sustainability and long-term success.
- **In Relationships:** They seek a partner who appreciates consistency and reliability. Earth signs are less about constant action and more about creating a solid foundation. They might feel overwhelmed by partners who move too fast or unpredictably. To maintain balance, they need time to recharge and focus on their practical needs. Partners who understand their slow-and-steady nature will thrive in this dynamic.



## Water Signs (*Cancer, Scorpio, Pisces*)

- **Motivation:** Water signs are emotionally driven and highly intuitive. Their need for emotional security and connection is their primary motivator. They are moved by their feelings and the feelings of others.
- **Movement Style:** Fluid, adaptive, and sometimes unpredictable. Water signs move with the flow of their emotions, meaning their energy can fluctuate greatly depending on their mood. They might have bursts of activity followed by periods of stillness. Their pace is less about the physical and more about the emotional or psychic energy they feel.
- **In Relationships:** They need emotional depth and connection from their partner. Water signs are nurturing and protective, but they also require emotional security to thrive. They may need more downtime to process emotions, and partners who provide a safe space for them to express their feelings will be greatly appreciated. Water signs value intimacy and emotional closeness, making them sensitive to how their partner manages time and energy in the relationship.

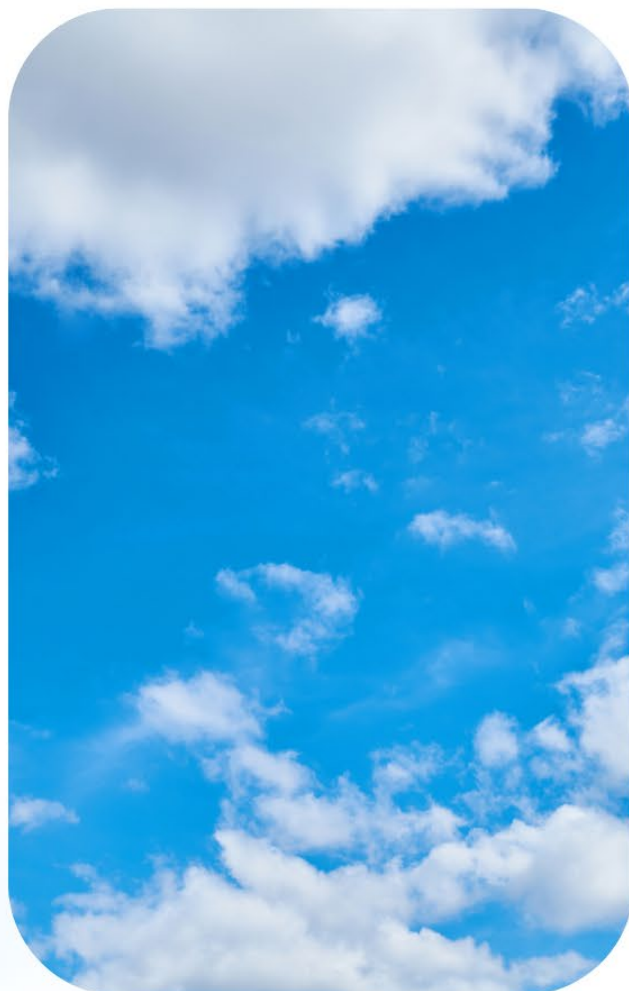


## Fire signs (Aries, Leo, Sagittarius)

- **Motivation:** Fire signs are driven by the need for action, excitement, and challenge. They crave experiences that make them feel alive and thrive when they're in pursuit of their passions.
- **Movement Style:** Constant, dynamic, and energetic. They need to be in motion, whether it's through physical activity, new projects, or seeking adventure. For fire signs, action equals existence—they feel most alive when they're actively pursuing goals or exciting new opportunities.
- **In Relationships:** They may need partners who can keep up with their high energy or, at the very least, understand their need for movement and personal space. A fire sign partner is likely to initiate plans, adventures, and take the lead, but they might also get frustrated with slow, methodical approaches to life. The key to their happiness is freedom, spontaneity, and recognition.

## Air Signs (Gemini, Libra, Aquarius)

- **Motivation:** Intellectual stimulation and communication drive air signs. They are motivated by curiosity, social interaction, and the exchange of ideas.
- **Movement Style:** Quick, light, and spontaneous. Air signs are constantly on the move, whether mentally or physically. They thrive on change, and their movements can be swift and varied as they hop from one idea, conversation, or activity to another. Flexibility is key for air signs, as they dislike being tied down to a single routine for too long.
- **In Relationships:** They need partners who can engage with them intellectually and keep things interesting. Air signs can struggle with routine and may seem inconsistent to those who value structure. Their approach to movement, both physical and relational, is often more erratic or unpredictable. To maintain harmony, air signs need freedom to explore, think, and connect without feeling trapped in routines. Partners who appreciate their social and mental energy will find a fulfilling dynamic here.





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