

MHC

MAKING HAPPY COUPLES

Keep the cheer
skip the stress!
Financial tips for holidays

Heartbreak
doesn't define you.
How you heal does

The real secret
to satisfying sex!
It's no what you think!

CHANGING THE WORLD
ONE HAPPY COUPLE
AT A TIME!

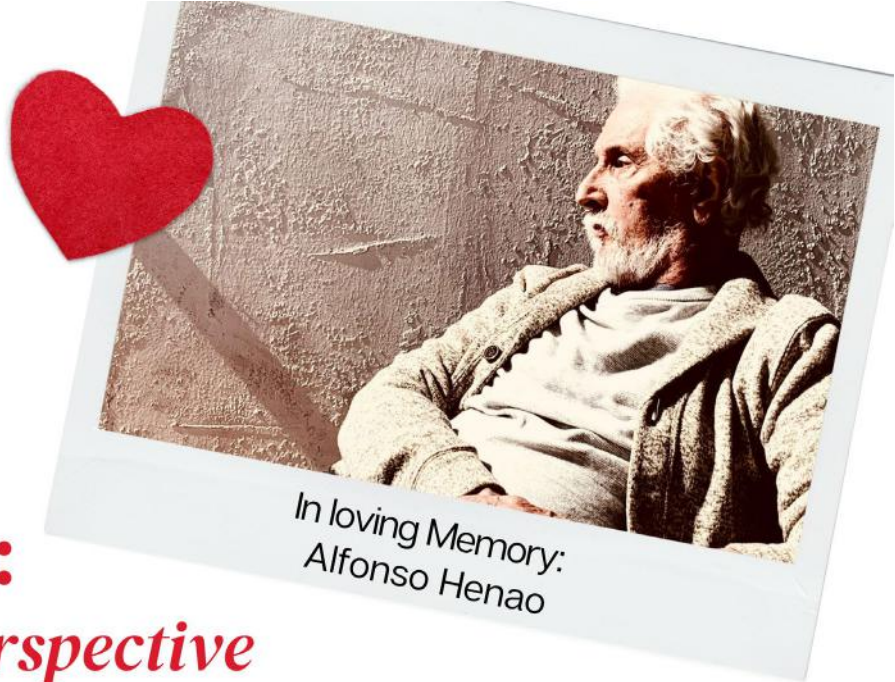
Meet Daniel and Daniella.



VOL. 6



Your Problem, My Problem, or Our Problem: *A Life -Changing Perspective*



One of the most valuable lessons I've learned came from Daniel's dad. While sharing a story about a challenge he faced in his relationship with Daniel's mom, he mentioned a simple yet profound framework that's guided me ever since.

Whenever faced with a conflict, he'd ask himself:

1. Is this **my** problem?
2. Is this **their** problem?
3. Is this **our** problem?

This approach has been a game-changer in navigating relationships, work, and even everyday encounters. Here's why:

1. Is This My Problem?

This question prompts self-reflection. If the issue comes from within, it's an opportunity for growth. By understanding why something bothers you, you can learn to handle it better and become a stronger version of yourself.

2. Is This Their Problem?

This one is freeing. When the issue is entirely theirs, you can release responsibility and avoid taking it personally. It's not about dismissing the problem but understanding that it's not yours to fix. It helps me let go and move on.

3. Is This Our Problem?

Shared problems call for teamwork. When both people contribute to an issue, it's a chance to communicate, collaborate, and strengthen your bond by solving it together. Instead of playing the blame game, this mindset encourages you to approach the situation as a team, which is essential for healthy relationships.

Why It Works

This method has taught me to let go of what's not mine and to grow by owning what is. It simplifies problems, reduces stress, and keeps life moving forward with less drama.

So, next time you're faced with a challenge, ask yourself: Is this my problem, their problem, or our problem? You'll find clarity, peace, and a path forward every time.



**With love
-Daniel & Daniella**

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Surviving Family Gatherings as a Couple

Ah, the holidays—a time for twinkling lights, festive feasts, and...family gatherings. While celebrating with loved ones can be heartwarming, it can also stir up stress and tension. But fear not! With the right strategies, you and your partner can navigate these gatherings smoothly and even come out stronger together. Here's how to survive (and thrive) during those bustling family moments!

1 Team Up Before the Event

Before diving into the holiday hustle, have a pre-gathering pow-wow. Discuss your expectations, potential stressors, and how you can support each other. Maybe one of you is great at small talk while the other handles awkward questions. By playing to each other's strengths, you create a dynamic duo ready to tackle anything that comes your way.

2 Set Boundaries Together

Setting boundaries is crucial for maintaining your sanity. Decide on limits for things like the number of events you'll attend, how long you'll stay, and topics that are off-limits. Communicate these boundaries to your families as a united front. It's easier to uphold limits when you're both on the same page, and it shows mutual respect for each other's needs.

3 Be Each Other's Ally

When tensions rise, lean on each other for support. A simple touch, a reassuring smile, or a whispered "we've got this" can work wonders. If one of you starts feeling overwhelmed, step in with a kind word or a distraction. Remember, you're a team, and supporting each other strengthens your bond.

4 Practice Active Listening

Family gatherings can sometimes lead to heated conversations. Practice active listening by truly hearing what your family members are saying without immediately reacting. If things get tense, calmly interject with, "Let's take a step back and talk about this later." This shows maturity and keeps the peace, allowing you and your partner to stay connected amidst the chaos.



5 Create a Post-Gathering Ritual

After the festivities, take time to unwind and debrief together. Whether it's enjoying a quiet cup of tea, sharing your favorite moments, or venting about the challenging ones, this ritual helps you process the experience and reinforces your partnership. It's a sweet way to transition from holiday mode back to your cozy couple life.

Bonus Tip: Inject Some Fun

Turn potential stress into laughter by finding humorous moments or inside jokes during the gathering. Maybe it's a playful competition to see who can spot the most holiday decorations or a silly dance-off during a lull in conversations. Keeping things light-hearted can diffuse tension and make the event enjoyable for both of you.

Family gatherings don't have to be a dreaded part of the holidays. By teaming up, setting boundaries, being each other's allies, practicing active listening, and creating post-gathering rituals, you and your partner can navigate these events with grace and love. Embrace the chaos together, and turn family time into quality bonding time.

Here's to surviving the holiday hustle!

Healing from Heartbreak

Moving Forward with Resilience

Heartbreak is one of the most challenging experiences we face, but it's also an opportunity for growth and healing. Whether you're dealing with the end of a long-term relationship or a brief romance, healing from heartbreak takes time, patience, and self-compassion. I want to offer you guidance on how to move forward with resilience, and strategies to help you heal and rebuild after a breakup.



1. Embrace Your Emotions

Why It Matters: Heartbreak is painful, and it's normal to feel a range of emotions—from sadness and anger to confusion. Allow yourself to fully experience these feelings instead of suppressing them. Healing begins with acceptance.

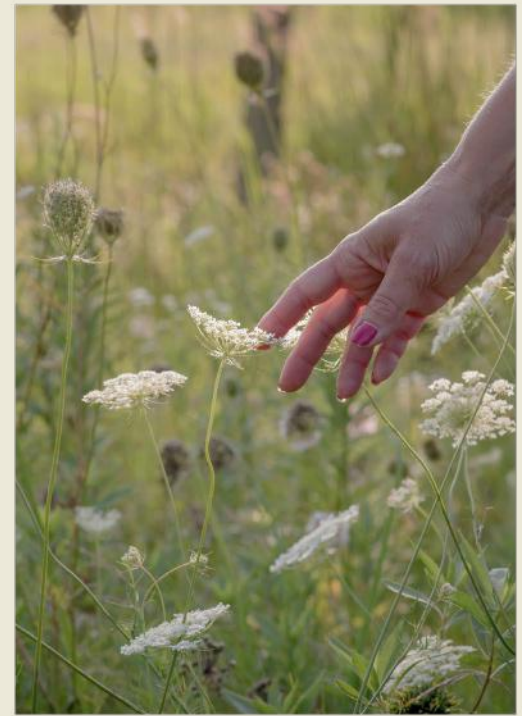
What to Do: Give yourself space to grieve, whether through journaling, talking to a friend, or simply allowing yourself to cry. Honor your emotions, knowing that they will ease with time.



3. Shift Your Focus Inward

Why It Matters: After a breakup, it's easy to fixate on what went wrong or on the other person. Shifting your focus to yourself allows you to rediscover who you are and what you need.

What to Do: Take this time to reconnect with yourself—your passions, interests, and values. Set personal goals that have nothing to do with relationships, and use this time to rediscover your sense of self.



2. Prioritize Self-Care

Why It Matters: When going through heartbreak, self-care can often take a backseat. However, nurturing your body, mind, and soul is essential for recovery.

What to Do: Create a self-care routine that includes activities you enjoy, such as exercise, meditation, reading, or taking walks in nature. Focus on activities that make you feel good physically and emotionally.

4. Lean on Your Support System

Why It Matters: Heartbreak can feel isolating, but you don't have to go through it alone. Your friends, family, and loved ones can offer support, perspective, and a reminder that you are loved.

What to Do: Reach out to those you trust. Share your feelings with people who care about you, and allow yourself to be supported. Sometimes, talking things out with someone who understands can be incredibly healing.

5. Avoid Rebound Relationships

Why It Matters: Jumping into a new relationship too soon can delay your healing and leave unresolved emotions lingering. True recovery comes from addressing the heartbreak, not escaping it.

What to Do: Give yourself time before entering a new relationship. Use this period for reflection and personal growth, ensuring that you're moving forward for the right reasons, not out of a need for distraction



6. Practice Forgiveness

Why It Matters: Holding onto anger or resentment can prolong your suffering. Forgiveness, whether directed toward your ex or yourself, is a powerful tool for emotional freedom.

What to Do: Forgiveness doesn't mean excusing hurtful behavior, but it does mean letting go of bitterness. Practice self-compassion and acknowledge that both you and your ex are human and imperfect. Letting go helps you move forward with a lighter heart.



7. Focus on the Future

Why It Matters: Heartbreak can make it difficult to imagine a future without the relationship, but healing allows you to move forward stronger and more resilient.

What to Do: Visualize the life you want to build post-heartbreak. Set new goals, whether in your personal life, career, or relationships. Trust that with time, healing will come, and you'll be ready to open your heart again when the time is right.



Healing from heartbreak isn't easy, but it's a journey that can lead to profound self-discovery and growth. By embracing your emotions, practicing self-care, and focusing on personal resilience, you can rebuild and move forward stronger than ever. Remember, heartbreak doesn't define you—how you heal and grow from it does. Here's to healing and new beginnings.

Get to know us!

The founders behind
Why Don't We and MHC

Daniel & Daniella

When we started Why Don't We during the pandemic, we had one simple goal: to help couples find more fun and meaningful ways to spend time together. It started with a game, born out of our own experience of wanting to make staying at home more enjoyable. What we didn't anticipate was how much this simple idea would resonate with people.

Two years later, our little project turned into something much bigger. We left our old jobs, dove headfirst into entrepreneurship, and embraced the phrase: "Changing the World One Happy Couple at a Time" as our motto, our drive and our purpose. That motto isn't just about the games we create; it's also how we live our lives.

Creating this magazine was the next step in our journey. We didn't want our message to stop with just a product. We wanted to be a source of inspiration and support for couples everywhere, at every stage of their relationship. Four years later, Why Don't We has reached over 100,000 households worldwide. And we like to think this is just the beginning of more smiles, more fun, and more love.

How did you two meet?

Daniel: This is a funny story. I usually don't like going out on Sundays (still recovering from the weekend partying), but I had just gotten divorced and was in a "Yes Man" phase. My friend Daniel (yes, same name) invited me to the beach, and he was going out with a friend named Daniela (oh, yes). So, I decided to go, and my Daniella was there because the other Daniela had invited her. And that was it—a lot of confusing Daniels, Daniellas, and so on. After that, we slowly started hanging out.

What was your first trip together?

Daniella: Our first trip happened three months after we met and began spending time together. To celebrate my friend Daniela's college graduation, we all took a weekend trip to Sandpiper, Florida. It was a weekend filled with many firsts: our first trip together, our first kiss... you get the idea. But it marked the beginning of a life full of surprises.

Daniel: The first trip I remember was to Cancun. The crucial moment happened when we got to the airport just 50 minutes before the flight. For me, that's normal—I never arrive more than an hour early—but Daniella had checked luggage, and they wouldn't accept it.



In a nutshell

How long have you been together?

8 years

Do you have kids?

Not together. Daniel has a daughter.

Where do you live?

Everywhere and nowhere, lol. We're nomads.

What do you do for work?

We sell fun games for couples and do amazon consulting.

A fun fact about you as a couple:

We have a unique system for making decisions.

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

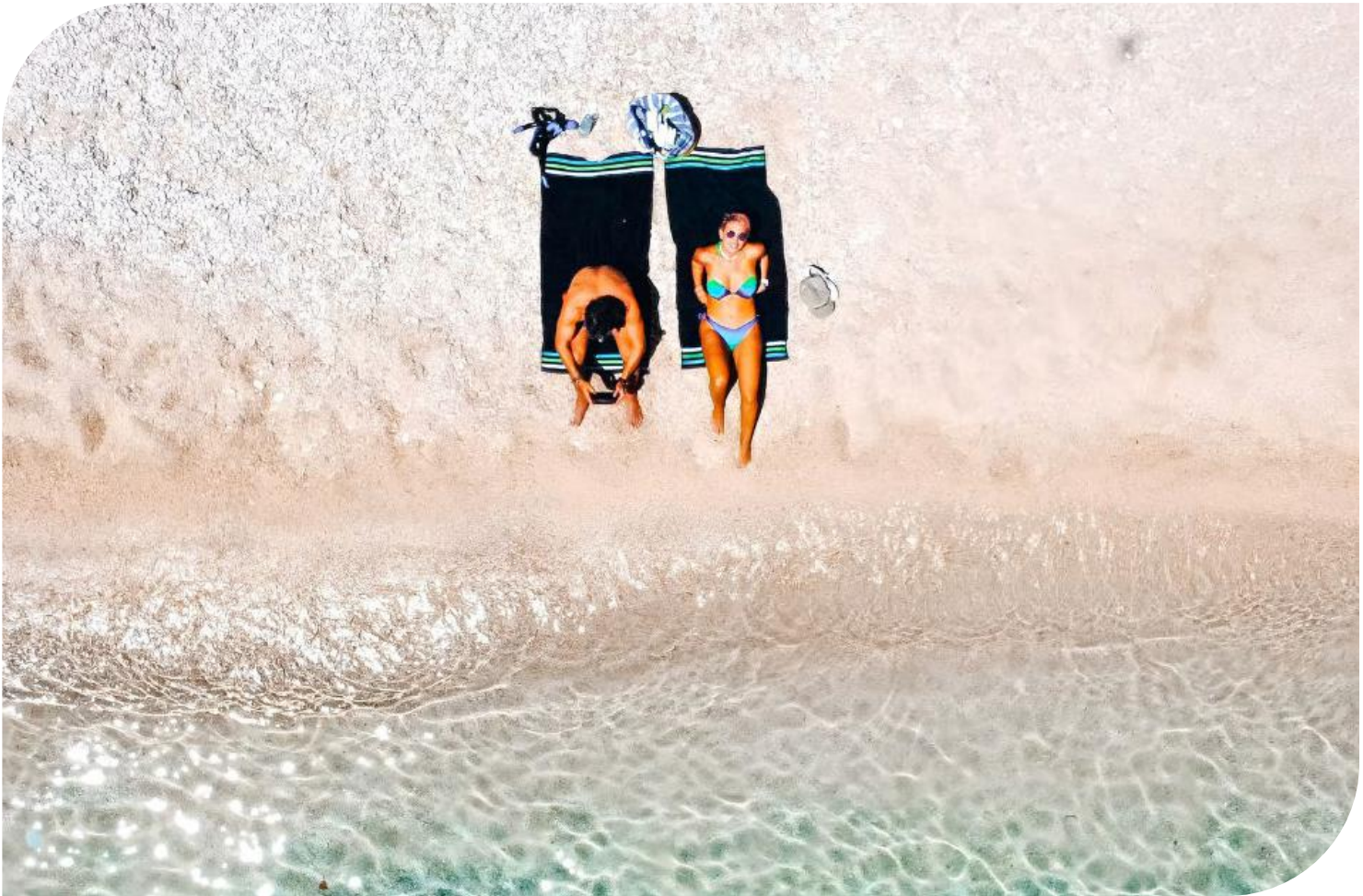
We still date like when we first started going out.

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

@livinglavidana

@dan.henao

@makinghappycouples



Without even complaining, she solved the problem by buying some carry-on bags at an airport store and leaving her big luggage behind.

What are some moments that left a mark on your relationship?

Daniella: Every time we've taken a step forward in our relationship, which sometimes brings out many fears or misconceptions, our relationship has also thrived and improved. For example, moving in together is a huge step for most couples, it always comes with some personal fears or misconceptions, and even though we had an adjustment period, as every couple does, it was such a significant and amazing step for our relationship. Then we decided to move again, then start a business together, then travel the world... every decision we've made forward has brought so many good things which allow you to feel completely yourself, trust the process and what you are doing together, and tackle the world as a team.

Daniel: I don't think there's one significant moment that defines a relationship. I believe relationships—whether with your partner, family, or friends—are built on continuous, daily moments. It's the accumulation of these never-ending, everyday connections that truly create the real bond between people.

How do you keep surprising each other?

Daniella: We don't allow ourselves to fall into routines where we are not constantly dating each other. We take

care of ourselves so we can look good for one another. Fun fact: every time we spend some time apart, I make a change to my appearance—whether it's my hair, a new piercing, or a tattoo. This way, he has something exciting to look forward to when we are back together.

Daniel: Never forget what made you like the other person and what they liked about you. Of course, relationships evolve, but you should always strive to be the person they fell in love with. Stay in shape, have date nights, dress up, and be considerate. Those little efforts never stop surprising someone.

Do you have any New Year's Rituals?

Daniella: I have to clean every inch of the house, lol.

Daniel: I don't, but spending New Year's with her family is wild! At midnight on the 31st, you have to eat 12 grapes and make wishes, walk around your street with empty suitcases (apparently, it's good luck for traveling), stuff your pockets with money, and write down your goals for the year—then burn them. Plus, all of this has to happen in about 10 minutes.

Why did you create Why Don't We?

We've always loved playing games, and we realized there was a real gap in the market for products made exclusively for couples. Why Don't We came from our belief that couples deserve fun, meaningful ways to connect.

The magazine was the natural next step. It's our way of offering free content to couples everywhere—whether they're our customers or not. It's all about giving people tools to grow and enjoy their relationships.

What challenges have you faced as a couple?

Daniella: I think one of the most important lessons we learned was how to work together. Before starting our business, we didn't fully understand each other's work styles, and it took some time to adjust. For example, I'm rarely in a bad mood, but when I'm focused and working, I tend to have a serious expression. At first, Daniel thought something was seriously wrong whenever he saw that look, which led to a few misunderstandings, haha. In reality, it was just my "work face," a side of me he hadn't seen before. So, this new version of our relationship was a learning process.

Daniel: Life is full of challenging moments, and if I really thought about it, I could probably name plenty. But I truly believe that in life, you see what you're looking for—and I choose to see opportunities. It's like the theory of the Red Car: in simple terms, it's about noticing the things you're actively looking for. This mindset carries over when I travel. Sure, I could point out a lot of "bad" things about the places we visit, but I prefer to focus on the good, the beauty, and the potential in everything.

What are some of the most significant relationship myths you wish more people knew about?

Daniella: "There's only one way to have a relationship: date, get married, have kids, work, retire, have grandkids." - And while I'm sure that's a beautiful path, life has shown me there are countless ways to be happy, and all of them are valid. At the end of the day, relationships are agreements—it's all about finding the person who best complements the other half of that agreement.

Daniel: The "honeymoon phase" is said to only last a certain amount of time, but I know some couples who prove that's not true. You can work on your relationship to make sure it never stops being fun, sexy, and worth your time.

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

WHY DON'T WE HAVE FUN?

At the heart of everything we do—whether it's creating games, building this magazine, or living our lives—it all comes back to one thing: having fun. Because we believe that when couples laugh, connect, and create memories, they make the world a little brighter.

So, here's to more smiles, more adventures, and more happy couples — starting with you.

- Daniel & Daniella



The real secret to satisfying sex

(Hint: It's not what you think!)

By: Amy Rowan and Dr. Trina Read

Why do you have sex?

How often do you think about why you're having sex? Is it because it feels good, or do you feel like it's just another item on your relationship to-do list? For many women in long-term relationships, sex has shifted from something exciting to something expected—a duty rather than a desire.

The shift from pleasure to pressure

Ideally, sex should make you feel good about yourself, bring you closer to your partner, and yes, be a source of fun. But too often, women find themselves stuck in a cycle of having sex just to keep the peace or satisfy their partner. Instead of bringing pleasure, it becomes about waiting for it to be over. This isn't an unusual feeling; it's a common side effect of a 'goal-oriented' approach to sex, where focus shifts solely to orgasm rather than mutual connection.

Are you trapped in "duty" sex?

Take Stacie, for example. At 35, she's a (mostly) happily married mother of two, balancing a career as a graphic designer. Like many, her sex life was effortless at first, but as life got busier, guilt crept in. She began having sex out of a sense of duty rather than desire. Over time, it became her "wifely duty," and eventually, she found herself in avoidance mode.

When intimacy stops being about mutual enjoyment and turns into obligation, sex can feel more like a chore, leaving both partners unsatisfied. Stacie's example shows just how easy it is to fall into this rut without even realizing it.



Why sex gets predictable and why it matters...

Most couples don't talk much about their sex lives, and when routines become predictable, they tend to assume it's "normal." But the reality is that goal-oriented sex often leaves women like Stacie going along with what their partner wants without considering their own desires. And if sex becomes predictable, it loses its thrill. **In fact, 68% of couples in a recent survey admitted their sex life had fallen into this predictable cycle.**

This can be especially true for women, who may feel rushed by their partner's pace, missing out on the responsive desire that could help move them from neutral to aroused.

When sex is over before she's fully engaged, it's easy to see why she might begin to avoid it all together.





Turning guilt into pleasure

So, how can women shift from “duty” to “desire”? It starts by recognizing what they need and changing their sexual mindset.

Instead of forcing themselves into a routine that doesn't work, it's about learning to ask for what feels good and taking the time to make sex enjoyable for themselves.

Here are a few questions to ask yourself:

- Are you stuck in the rut of 'goal-oriented' sex?
- Are you allowing enough time to experience responsive desire?
- Do you hesitate to ask for what you want because you don't feel you deserve it or think it's too much trouble?

Small changes, big impact

Making a shift doesn't mean an overhaul. By focusing on what brings genuine pleasure and taking steps to communicate this with your partner, you can transform your relationship dynamics. When you're having sex because it's what you want, you're setting the stage for a satisfying and fulfilling experience.

Celebrating your “SEX'cess”

Remember, there's no “normal” way to experience pleasure —it's about what works for you. Start by taking just one small step toward making your sexual experiences more about your own joy, and see how it changes the way you feel about intimacy. By embracing a mindset focused on connection and mutual pleasure, you're opening yourself up to a sex life that's both satisfying and empowering.

As you take back your pleasure, know that there's no need to feel alone in this journey. Tune in each week as we continue to explore ways to bring genuine, guilt-free joy back into your intimate life. Because when you're thriving in your sexuality, you're raising the bar for yourself and everyone around you.

If you're ready to explore further, connect with us on social media at [@SensationalSxPodcast](#), or reach out to sensationalsexpodcast@gmail.com.



Stream

Click here to listen to
[@SensationalSxPodcast](#)

The ultimate Gym Style Guide

Look Good and stay comfortable

By: Esmeralda C.



Picture this: You walk into the gym, and heads turn. It's not just because of your killer workout routine—it's also because you've nailed the gym fashion game. Knowing what to wear to the gym is about more than just looking good; it's about feeling good and performing at your best. The right outfit can boost your confidence, enhance your workout, and even make those Instagram post-workout selfies pop.

Fear not! We've got you covered with the ultimate guide to looking cool and staying comfortable at the gym. From stylish tops to the perfect footwear, and all the accessories in between, we'll help you put together an outfit that makes you feel like the champion you are. After all, when you look good, you feel good and when you feel good, there's nothing you can't achieve.

Trendy Tops

Seamless Sports

Bras: Because nothing says "I'm ready to conquer this workout" like a sports bra that keeps everything in place. Plus, they're perfect for that sweaty post-gym selfie.



Seamless Ribbed Favorite
Bra Tank ALO

For her!



Airlift Mesh Line Up High-Waist Legging Alo

Versatile Bottoms

High-Waisted Leggings: The magic pants that hold everything in, make your legs look endless, and let you do squats without worry. Bonus points if they have a pocket for your phone!

Stylish Footwear

Training Shoes: The only thing supporting you more than your best friend. Go for something that screams, "I mean business."

Running Shoes: Whether you're sprinting like you're being chased or jogging leisurely, make sure your shoes are up for the task and look good doing it.

Nike Metcon 9



Oncloud Eclipse Running



Tank Tops & Crop Tops: Think of these as your gym's version of a catwalk. Go for bold colors and prints. And hey, if you need an extra boost, just imagine you're a fitness model in a high-energy commercial.



Tank Top Light Support, B/C Cup Lulu Lemon

Bike Shorts: Perfect for pretending you're about to hop on a Tour de France bike ride, even if you're just headed to the elliptical.



Nike Universa Women's Medium-Support High-Waisted



#Outfitoftheday

Essential Accessories

Gym Bag: Think of this as your gym's version of a handbag. Sleek, practical, and just big enough to carry your water bottle, towel, and maybe a snack or two.

Smartwatch: Not only do they track your steps and heart rate, but they also give you a reason to check your wrist dramatically, like you're in a sci-fi movie.

Layer Up

Hoodies & Sweatshirts: Perfect for the "I'm too cool to break a sweat" look. Also great for those moments when the gym AC is blasting Arctic winds.

Nike Gym Club bag & hoodie



For him

Workout T-shirts for Gym & Men's Dri-FIT 7" Unlined Versatile Shorts by Nike



Breathable T-Shirts: Because nobody wants to see you drenched in sweat, except maybe your trainer. Graphic tees can add a bit of personality; choose wisely to avoid gym fashion faux pas.

Athletic Shorts: Comfortable and flexible for every lunge, squat, and awkward dance move between sets. Extra points if they make you look faster than you are.

Joggers: The ideal balance of "I might run a marathon" and "I could binge-watch a show right after this." Tapered for that modern look, naturally.

Footwear That Makes a Statement

Training Shoes: Your loyal gym sidekick. Pick ones that say, "I lift, bro," even if you're just there for the treadmill.

Running Shoes: Essential for those who take their runs seriously or at least want to look like they do. Comfort meets style.

Training Shoes: Your loyal gym sidekick. Pick ones that say, "I lift, bro," even if you're just there for the treadmill.

Hoka March 6



Essentials Track Jacket Men Puma



Tom Hanks & Rita Wilson

From Silver Screen to Real-Life

Tom Hanks and Rita Wilson have one of Hollywood's most enduring marriages, having been together for over 30 years. Their relationship, built on a foundation of friendship, respect, and shared values, has weathered career demands, public life, and personal health challenges, proving that true partnership can stand the test of time.

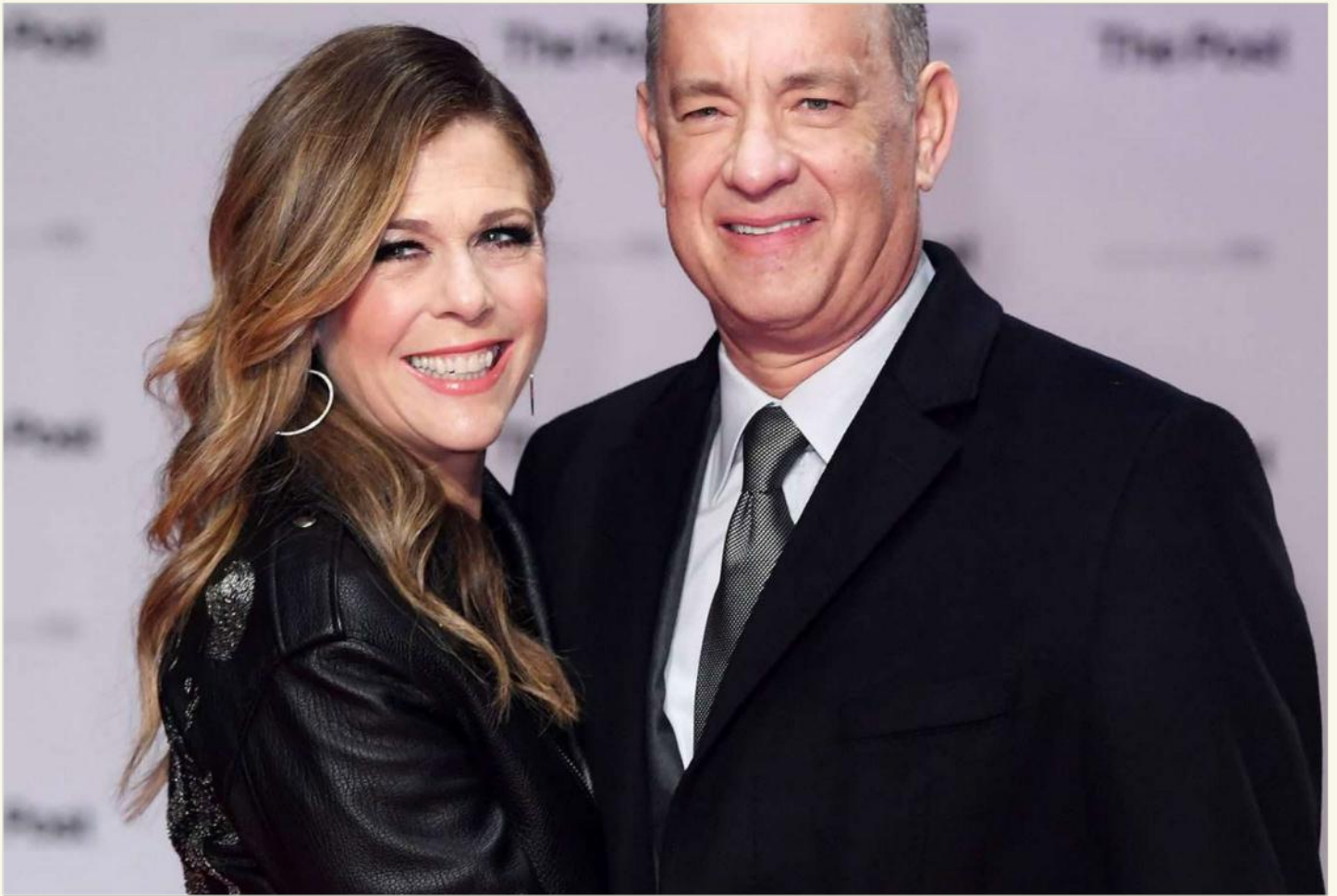
The two first met on the set of the TV sitcom *Bosom Buddies* in the early 1980s, though Tom was married at the time. When they reconnected later on the set of *Volunteers*, sparks flew, and they soon became inseparable. Reflecting on what drew him to Rita, Tom has said, "I felt that there was a place I could go that was as far as I wanted to go, and she would be there." They married in 1988, marking the beginning of a bond that has since inspired many.

"I married a woman who showed me what love is."

Their relationship hasn't been without challenges. One of the most difficult moments came in 2015 when Rita was diagnosed with breast cancer. Tom stood by her side, supporting her through treatment and recovery. Rita later shared how much his support meant, saying, "You never know how your spouse is going to react in a situation like this, but I was so blessed with him. We're just a team." This experience only strengthened their connection, reminding them of the importance of being there for one another in every circumstance.

Their relationship dynamic is grounded in a shared sense of humor and mutual respect. Tom once remarked, "I married a woman who showed me what love is." Rita, in turn, describes Tom as her "best friend," highlighting the importance of friendship in their marriage. Together, they've managed to maintain a sense of normalcy despite their fame, focusing on family life and protecting their privacy. "It's about keeping our feet on the ground and remembering what truly matters," says Rita.





“It’s about keeping our feet on the ground and remembering what truly matters”

Over the years, both have offered insights on making a marriage work. Tom emphasizes the importance of choice and intention: “No one should get married before they’re 30,” he once advised. “You’ve got to be ready to commit and grow together.” Rita, on the other hand, highlights the value of patience and forgiveness, saying, “You’re going to mess up, and so is your partner. Love is forgiving, love is patient.”

Another key to their success is that they celebrate each other’s individuality while nurturing their partnership. Both Tom and Rita have successful careers, yet they never allow professional achievements or setbacks to come between them. Instead, they cheer each other on. “We’re each other’s biggest fans,” says Tom. “It’s a gift to be able to witness your partner’s dreams and celebrate them as if they’re your own.”

Today, Tom and Rita continue to inspire audiences not just with their individual work, but with their relationship. They’ve demonstrated that love is more than just romance —it’s a daily commitment to understanding, supporting, and growing together. Their story is a testament to the power of genuine partnership, and it reminds us that a true love story is built on friendship, resilience, and a shared journey through all of life’s highs and lows.



why don't we ● ● cook together?

Festive Eggnog & Dessert Duo

Turn up the holiday vibes with a Rich Vanilla-Spiced Eggnog and pair it with Boozy Gingerbread Truffles for the ultimate cozy duo. This creamy, spiced eggnog is the holiday drink you'll be sipping by the fire all season, and these truffles add the perfect decadent bite. Let's get festive!

Ingredients

Eggs: 4 large egg yolks

Creaminess:

- 1 cup heavy cream
- 2 cups whole milk

Sweetness: 1/2 cup sugar

Flavors:

- 1/2 teaspoon vanilla extract
- 1/2 teaspoon nutmeg (freshly grated is best!)
- 1/4 teaspoon cinnamon

Festive Spirit:

- 1/2 cup dark rum, bourbon, or brandy (optional but encouraged)

Toppings:

- Whipped cream
- Ground cinnamon or cinnamon sticks, for garnish

Instructions

- 1 Whisk it Up:** In a bowl, whisk the egg yolks and sugar until creamy, smooth, and a little pale. This is your thick, rich base.
- 2 Heat & Flavor:** In a saucepan, combine the milk, heavy cream, nutmeg, and cinnamon over medium heat. Stir occasionally and heat until it's hot but not boiling.
- 3 Temper the Eggs:** Slowly whisk about 1/4 cup of the hot milk mixture into the egg mixture. Once combined, pour the egg mixture back into the saucepan. Cook on low heat for another 3-5 minutes until thickened. (Tip: Don't let it boil!)
- 4 Spike It Up:** Remove from heat and add vanilla extract and your choice of alcohol. Chill for at least an hour if you like it cold, or serve warm if you're cozying up by the fire.
- 5 Serve with Style:** Pour into glasses, top with whipped cream, sprinkle with a little extra cinnamon, and add a cinnamon stick if you're feeling fancy!



Boozy Gingerbread Truffles

Ingredients

Cookie Base:

- 1 1/2 cups gingerbread or gingersnap cookies, crushed (store-bought is fine!)

Creamy Filling:

- 4 oz cream cheese, softened
- 1 tablespoon molasses

Warm Spice:

- 1/2 teaspoon ground cinnamon

Boozy Boost:

- 1 tablespoon dark rum or brandy (optional)

Outer Coating:

- 1/2 cup white chocolate, melted
- Crushed gingerbread crumbs or sprinkles for decorating

Instructions

- 1 Mix the Magic:** In a bowl, combine crushed gingerbread cookies, cream cheese, molasses, cinnamon, and rum (if using). Stir until everything's well-mixed and smooth.
- 2 Roll It Out:** Form the mixture into bite-sized balls, about 1 inch in diameter. Place them on a parchment-lined baking sheet.
- 3 Chill Time:** Pop the tray in the fridge for about 1 hour, or until firm.
- 4 Dip & Decorate:** Once the truffles are firm, dip each one in melted white chocolate and place them back on the parchment. Quickly sprinkle with extra cookie crumbs or festive sprinkles before the chocolate sets.
- 5 Serve with Eggnog:** Plate up these festive bites with your delicious eggnog, and enjoy the ultimate holiday indulgence.

Holiday Pairing Tips:

The More, the Merrier: Both the eggnog and truffles can be made a day ahead. This way, you're ready for any holiday hangout!

Perfect Atmosphere: Play some cozy holiday tunes, add blankets, and settle in for an ultra-festive vibe.

Pro Tip: Add some crushed candy canes to the truffles for a peppermint twist!

★ why don't we Date?

12 Days of Holiday Surprises

Keep the holiday magic alive with a dash of mystery and playfulness! This holiday season, challenge yourselves to twelve days of surprises, filling each day with small, thoughtful gestures. From little treats to shared experiences, these mini surprises are easy to pull off and bring a fresh spark to your days together. Here's your guide to making the twelve days leading up to the holidays something unforgettable:

1

Sweet Notes in Unexpected Places

Kick things off by leaving little love notes where your partner will least expect them. Pop one in their wallet, their jacket pocket, or even their gym bag. Simple messages like "Thinking of you!" or "You make my days brighter" will give them a warm smile whenever they discover one.

2

Favorite Snack Drop

Surprise them with their favorite snack! Leave it somewhere they'll find easily, or hand-deliver it with a smile. This little surprise doesn't take much, but it's an easy way to remind each other of the small things that make you smile.

3

Spontaneous Holiday Playlist

Create a holiday playlist filled with all your favorite seasonal tunes! Share it with your partner as a fun, musical surprise and let it become the soundtrack for your holiday season.

4

Surprise Coffee Run

Grab them their favorite coffee (or tea, or hot chocolate) while they're still waking up or working away. A surprise caffeine boost or cozy drink is bound to be a hit during the busy holiday season.

5

Tiny Gift Exchange

Pick up a small, silly, or thoughtful trinket that represents an inside joke, a memory, or just something they'd love. Swap mini gifts and enjoy the thoughtfulness that went into finding just the right item.

6

Handwritten Postcard or Holiday Card

Take a few minutes to write your partner a card or postcard, just because. Let them know why you appreciate them, a favorite memory from the past year, or something you're looking forward to sharing together in the new year. Cards are easy to find this time of year, and it's a touching way to share what's in your heart.





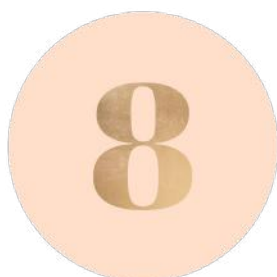
Why don't we date?

12 Days of Holiday Surprises



Evening Lights Tour

After dinner, take your partner on a little holiday lights tour. Whether you drive through the neighborhood or go for a stroll, it's an easy, no-cost way to enjoy a festive night out together and soak in some holiday cheer.



Homemade Coupon Book

Create a few "coupons" for things like a foot rub, choice of movie night pick, or a chore swap. These little tokens can be cute, thoughtful, or totally playful—and they'll love having a stash of treats to redeem in the new year!



Silly Holiday Selfies

Make memories and laugh together by taking some silly holiday-themed selfies. Don some goofy hats, wrap yourselves in tinsel, or pose by your tree. You'll have fun capturing the spirit of the season and be left with fun photos to look back on.



DIY Hot Cocoa Bar

Turn your kitchen into a hot cocoa wonderland! Gather whipped cream, marshmallows, cinnamon, peppermint, or whatever your favorite hot chocolate toppings are, and create your own little hot cocoa bar. You'll enjoy a cozy night in with sweet, warm drinks.



Movie Marathon Night

Host a mini holiday movie marathon with all the classics or even some newer holiday favorites. Grab blankets, snacks, and settle in for a cozy night on the couch. Add a little twist by making it a "mystery pick" where you each put titles in a hat and draw them randomly.



Write a Holiday Bucket List Together

For the last day, sit down and write a bucket list of fun things to do together over the holidays and into the new year.

This can be anything from a new restaurant you want to try, a weekend getaway, or a new hobby you both want to explore. It's a thoughtful way to end the twelve days and look forward to making more memories together!

Whether your surprises are big or small, each of these moments will bring you closer together and fill the season with connection, joy, and memories you'll both cherish for years to come. Happy holidays and happy surprising!



Keep the Cheer, Skip the Stress

The holiday season is filled with joy, but it can also bring a bit of financial strain. Between gifts, festive dinners, travel, and decorations, costs can add up quickly. To keep your holiday season fun (and your bank account happy), here are some practical budgeting tips for couples. With a little planning, you can enjoy the festivities without worrying about a post-holiday financial hangover!

1 Set a Holiday Spending Limit Together

Before making any holiday purchases, sit down together to decide on an overall budget. Consider what you're comfortable spending across all holiday categories—gifts, decorations, travel, food, and festivities.

How to Do It:

Look at your current finances and decide what feels reasonable. Set a cap, then list out your categories to see how much to allocate to each.

Bonus Tip: Add a “just in case” amount of around 5-10% of your budget for any surprise expenses that may come up.

2 Make a Gift List with Spending Limits

List out everyone you want to buy for and set a maximum amount for each person. This helps you stay within budget while still getting something meaningful for each recipient.

How to Do It:

Decide on limits for family, friends, coworkers, and each other, then track your spending as you go to stay on track. Consider setting “experience-based” or “thoughtful” gift themes that allow you to keep costs reasonable while adding personal touches.

Budget-Friendly Ideas:

Try DIY gifts, experience-based gifts like a homemade coupon book, or setting up a holiday gift exchange to keep things simple.



3 Share Costs on Holiday Hosting & Festivities If you're hosting a holiday event, consider sharing the cost with friends or family. Potluck dinners, for example, can be festive and delicious without putting the burden on one couple's budget.

How to Do It: If hosting, make a list of items you'd love for people to bring—appetizers, drinks, desserts—and assign categories when guests ask what they can bring. You get a fuller table, less cost, and a whole lot less stress.

ProTip: If you're invited to multiple events, budget ahead of time for any potluck contributions or "Secret Santa" gift exchanges.

4 Plan Your Holiday Travel Early Traveling during the holidays can get pricey, especially last-minute. To avoid overpaying, book flights or accommodations as early as possible. If travel isn't set in stone, consider alternatives like driving or using rewards points to keep costs down.

How to Do It: Use price-comparison tools and set alerts for deals. If traveling by car, make a budget for fuel and meals along the way. Another option? Stay with family or friends instead of booking a hotel to save on lodging.

Pro Tip: Look for package deals or bundle options on flights and hotels to save more.

5 Keep Track of Expenses Together Set up a shared holiday budget tracker to log every purchase, no matter how small. This helps keep both partners on the same page and prevents surprise spending that could add up quickly.

How to Do It: Use a shared app or a simple spreadsheet to record each expense. Make it a habit to check in weekly and adjust the budget if needed.

Pro Tip: If you have a separate holiday account or prepaid card, stick to it for holiday expenses. This way, you won't accidentally dip into funds earmarked for other goals.



6 Make Holiday Goals for the Future Once the season is over, reflect on what worked (and what didn't!) with your holiday budget. Use this insight to plan for next year, setting aside a small amount each month to get a head start on savings.

How to Do It: Start a "Holiday Fund" and automatically transfer a set amount each month. By next year, you'll have a solid base without the holiday-season scramble.

The holidays are a time to celebrate, and with a little planning, they don't have to lead to financial stress. By setting limits, tracking spending, and being open about priorities, you can make this holiday season one of joy, togetherness, and smart financial choices.

Here's to a happy holiday season and a debt-free new year!

PRODUCT OF THE MONTH

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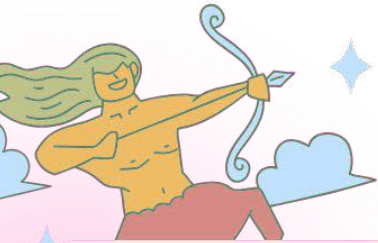
we've all
been there



Unleashing the Zodiac

What Your Sign's Animal Says About You (and your partner).

by: Mariamely Leoni



In the last issue I mentioned that each sign is shaped by five core elements: an animal, a body part, an element, a motivation or interest, and a way of interacting with others. Understanding the animal that represents each zodiac sign offers unique insights into the personality traits, behaviors, and emotional patterns of the sign. These animals act as metaphors, highlighting strengths, challenges, and the natural instincts that drive each sign. By exploring these representations, you can:

- **Understand Motivations:** Learn what drives each sign at its core, from a Leo's need for recognition to a Pisces' intuitive depth.
- **Improve Compatibility:** See how the instincts and behaviors of one sign's animal align or conflict with another in a relationship.
- **Enhance Self-Awareness:** Recognize how your sign's animal reflects your inner nature, helping you embrace strengths and address weaknesses.
- **Navigate Relationships:** Use this knowledge to understand your partner's natural tendencies and create harmony in your connection.

With this foundation in mind, let's take a closer look at the animals associated with each zodiac sign. Each creature provides a symbolic lens through which we can better understand the energy and essence of the sign it represents. From the steady determination of the Bull to the playful curiosity of the Monkey, these animals not only embody the spirit of the signs but also offer valuable lessons for navigating life and relationships. Let's explore how these animals shape the zodiac signs and what they reveal about the dynamics of love, connection, and self-discovery.



Aries – Ram

Adventurous spirit: Rams crave new challenges and experiences, bringing excitement to a relationship.

Leadership: They tend to take charge but may act impulsively.

Direct conflict resolution: Honest and straightforward in handling issues.

Self-sufficiency: Comfortable with independence in a relationship.

Impatience: They may struggle to slow down for their partner's pace.

Taurus – Bull

Steady and grounded: Loyal and stable when their needs are met.

Patient but explosive: Calm until pushed too far, then highly reactive.

Methodical: Prefers routine and consistency in love.

Present-focused: Lives in the moment, valuing simple pleasures.

Slow decision-making: Takes time to process emotions and commitments.



Gemini – Monkeys

Playful and curious: Keeps relationships lively with humor and exploration.

Flexible and spontaneous: Prefers variety over routine in relationships.

Quick learners: Observant and adaptive to a partner's needs.

Socially driven: Prioritizes friendships and group interactions.

Mood-dependent: Requires stimulation to maintain a positive dynamic.

Cancer – Crab

Sensitive but resilient: Emotionally soft inside but can adapt to challenges.

Protective and nurturing: Deeply values family and shared spaces.

Creative and home-oriented: Enjoys beautifying their environment with their partner.

Territorial: Needs emotional security in the relationship.

Tenacious: Works hard to maintain a bond and protect loved ones.





Leo - Lion

Generous leaders: Loves to organize and provide for their partner.
Courageous and protective: Will defend the relationship fiercely.

Role-focused: Plays distinct roles (e.g., provider, nurturer) in love.
Prideful yet affectionate: May need recognition but offers warmth in return.
Lazy tendencies: Can rely heavily on a partner's effort.



Sagittarius – Horse

Freedom-loving: Needs personal space but remains loyal.
Adventurous: Thrives on travel and new experiences as a couple.

Rebellious spirit: Prefers a flexible relationship dynamic over rigid rules.
Future-oriented: Focused on mutual goals and dreams.
Commitment-dependent: Once trust is built, they dedicate themselves deeply.



Virgo - Rodents

Detail-oriented and strategic: Attuned to practical needs in a partnership.
Self-critical: Can be hard on themselves and their partner.

Resourceful: Skilled at making the most of what they have together.
Survival-focused: Works hard to ensure stability and security.
Sensitive to loss: Deeply concerned about long-term sustainability.



Capricorn – Goat

Self-sufficient and practical: Relies on mutual productivity and stability in love.
Determined climber: Overcomes obstacles to build a solid future.
Balanced under pressure: Stays calm and focused during conflicts.

Low maintenance but high value: Prefers functional over extravagant expressions of love.
Selective vulnerability: Slowly opens up emotionally.



Libra - Butterfly and Hummingbird

Charming and beautiful: Values aesthetics and harmony in a relationship.
Social and curious: Enjoys meeting new people and exploring shared interests.

Indecisive: Hesitant when faced with major commitments.
High-energy but fragile: Needs balance between activity and rest in love.
Attracted to sweetness: Drawn to kindness and uplifting environments.



Aquarius – Teenager

Innovative thinker: Brings creativity and nonconventional ideas to the relationship.
Value-driven: Prioritizes shared principles and intellectual connection.

Independent: Needs space to grow and innovate.
Youthful spirit: Keeps the relationship vibrant and future-focused.
Rebellious but optimistic: Challenges norms but dreams of a better partnership.



Scorpio – Arachnids and Eagle

Mysterious and resourceful: Brings intensity and depth to the relationship.
Resilient: Rebuilds after hardships, inspiring perseverance in love.

Strategic hunter: Observes carefully before making emotional commitments.
Longevity-focused: Values transformation and long-term growth together.
Protective yet private: Guards the relationship fiercely but keeps emotions guarded.



Pisces – Fish

Adaptable and intuitive: Easily attunes to a partner's needs.
Emotionally deep: Values heartfelt connection and spiritual intimacy.
Team-oriented: Finds strength in mutual cooperation and flow.

Service-driven: Enjoys nurturing and supporting their partner.
Goal-focused (like Salmon): Perseveres for meaningful outcomes in love.

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