

BEDROOM ETIQUETTE

HOW TO SHOW UP WELL
BEHIND CLOSED DOORS



JAN GOSS-GIBSON

This book is dedicated to Lovers
May you love yourself first
So you can Show Up Well
To love each other

Bedroom Etiquette
How to Show Up Well Behind Closed Doors
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Preface

Song of Songs 5:2

*You are my pure, loyal dove, a perfect partner for me.
My flawless one, will you arise?*

Are you ready for a healthier sex life and more self-awareness and respect? Are you ready for greater intimacy with your spouse and a happy space to end each day? I am not a therapist, psychologist, or psychiatrist. I am an ordinary woman with extraordinary insight into one distinct area. I can help you Show Up Well.

I like sex. There ... I said it. I like sex just as much as my husband does. I like everything about it. I like the connection, the intimacy, the good feelings and joy it brings. I like the sacredness of the bedroom and the secrets that are just between two people. I like the raw, real exposure of two human beings being vulnerable with each other. I love the security of a commitment for a lifetime that comes with sacred sex.



For more than four decades I have been training professionals and leaders to Show Up Well in the marketplace. I have helped hundreds of high-profile leaders increase their profitability, confidence and self-esteem as it relates to their business. I have consulted with major corporations and worked with

executive teams to teach professional business etiquette. And, I have coached numerous entrepreneurs and small business owners to help them polish up and show up their very best in the business sector.

However...

During those four decades, my personal life fell apart more than once. I was divorced after a 20-year relationship and again after a 14-year relationship. Ouch! that was tough on this little Church of Christ girl whose parents were married for 53 years. Life didn't turn out like I planned ... YET!

After my heart healed and I met and fell in love with my current and FINAL husband :) ... my eyes were opened to see how the same principles that bring success in business apply in the bedroom as well. Who would have thought about that???

Professional Business Etiquette has nothing to brag about compared to Bedroom Etiquette! Using the same business principles of connection, innovation, nurturing, and respect pay BIG dividends behind closed doors.

This book will give you guidance to lure and attract your spouse with the same proficiency and consistency that you use to lure your customers. You will learn to "market" yourself a little better to your better half ... and you will apply "follow up" or nurturing skills just like you do to take special care of your best clients.

These principles reward you with much more than money when you apply them behind closed doors. You will experience inner freedom, happiness, and deep connection with your spouse. Money can't buy those things!

The Pain of it All ...

I know the pain of body shame. I was in my 50s when Rick and I married. My 20-year-old body was WAY behind me. I had head trash and fear from past relationships. I had religious dogma planted deep in my subconscious and anxiety about myself as a sexual being.

When I learned to simply shift my business acumen to bedroom acumen... Oooh La La! This process is simple, you can make it uniquely yours, and the best news is ... it works. You too can show up well behind closed doors! Get ready for practical advice to spice up your bedroom and create a sacred space for fun and adventure with your spouse.

So, let's get started!

Does any of this sound familiar? Your sexual desire isn't what it used to be. You feel disconnected from your spouse. Your relationship lacks romance. You just don't feel sexy anymore. You are embarrassed about your body or your sexuality.

If you are experiencing any of these things there is hope. Let me encourage you to take a small step. I call them 2-degree shifts. You don't have to change everything. Just shift one simple thing at a time and

keep practicing it until it becomes second nature. If you want to expedite your success, add some accountability. This works in business and it will work in the bedroom.

This book will give you practical actionable items with each chapter that will help you head in the right direction to Show Up Well behind your bedroom door. Be patient with yourself. Keep it fun and light hearted! Invite your spouse to participate with you so you can Show Up Well together and you will put that sizzle back in the frying pan even sooner! Things are about to get a little steamy ...

What NOT to do ...

But first, let's look at what NOT to do. What is in your way? Here are 7 common mistakes that keep us from Showing Up Well behind closed doors:

1. You don't know how to create the right environment
2. Physical intimacy feels scary or embarrassing
3. You feel rigid and resistant to try something new
4. You don't have the right words to communicate effectively
5. You have never learned how to set the tone for intimacy
6. You don't know where to start
7. You don't know how to create a happy ending for both of you

We will go through this journey together, unpacking each of these 7 mistakes and come up with creative solutions to mitigate each one. My solutions are practical, frank, candid, and work! When you follow these steamy suggestions, you will grow closer to your spouse, enhance your marriage and take your intimacy and happiness to a whole new level.



Chapter 1

Your Sacred Space

Creating the right environment

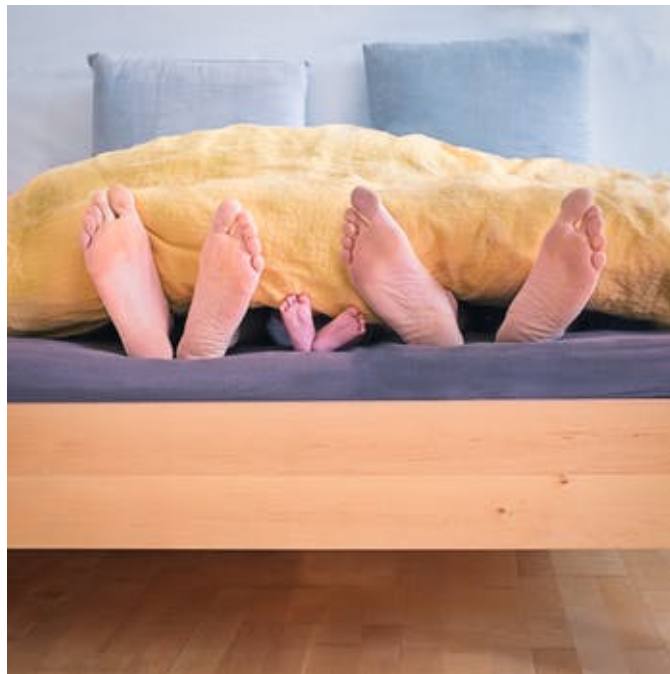
Song of Songs 1:16
*Our resting place is anointed and flourishing,
like a green forest meadow bathed in light.*

What is a bedroom? Well, it is a room with a bed, I guess. This is true. However, your bedroom where you retire at night with your spouse is sacred ground. This is the room where you completely let go and go into the world of sleep. It is a space where you are completely vulnerable. The bedroom is where your “other than conscious” mind works – it become active as you sleep. It is where you lay defenseless as you close your eyes. Your bedroom is *sacred space*.

Sacred is defined as devoted or dedicated to a deity or some religious purpose; consecrated. It is associated with divine things. It is holy.

When I was growing up, my parent’s bedroom was off limits to us as children. If we wanted to enter, we had to knock and get permission. It was respected. If you want to Show Up Well behind closed doors, you must remove the little people from your space!

Let your bedroom be a special space for you and your spouse. Children are allowed by invitation only. This is holy ground. Be sure they knock and ask permission before entering. Teach them that this is a place to be respected, and never give up your bed for guests. Keep it sacred.



What else is a bedroom?

Let's think about it ... a bedroom is 4 walls, a ceiling and a floor. What you form within those 4 walls creates the atmosphere that will be the last impression of your day. Put some thought into what you want your bedroom to look like and how you want it to feel. I am pretty good at design and decorating. However, I am not a professional. I sought the advice of a professional to create my bedroom space. Your bedroom is one room in the house I would highly recommended bringing in a professional designer. If that is not something you want to do, browse online or in magazines to find a look that you love and then re-create it.

Put some thought into what you want the atmosphere to be like in this special room. Be sure it stays clean, neat and orderly. This sets a positive spiritual and emotional tone. Treat it as a place of beauty. Think about what you want to *bring into this space* and what you want to *take out, or not allow*. Remove anything work related from your bedroom. Eliminate anything that robs your peace. Bring things in that make you feel like a million bucks!

Set up expectations of this special room. This is a place where who you really are can be seen and be safe. Surround yourself with colors, artwork, and fabrics that make you happy. Use pictures or personal artifacts that make you feel so special and in love with your partner ... things that make you really feel in touch with *who you are*.

Set things up so you feel calm, relaxed, happy, peaceful and beautiful. When you walk in your bedroom, I want you to feel like you just entered into your favorite place in the world. As you establish your bedroom, be sure you appeal to all 5 senses. This shifts your state and shifts the atmosphere. Here are some simple suggestions to appeal to your senses:

Smell - candles, oils, linen sprays

Sight - colors, fabrics, shapes, soft lighting

Touch - linens, pillows, body oils or lotions, things that make you feel good when they touch you or you touch them-Body brush, feather, backscratcher, etc.

Taste - keep water nearby to stay hydrated, perhaps a special drink, quench your thirst, use your favorite tastes – add a little chocolate!

Hear – have access to your favorite music - be sure it is not noisy, that it is pleasing to your ear.

Find out from your partner what their desires are for your sacred space - what do they want the bedroom to look like, feel like, and sound like? Create ambiance that you both enjoy. You may think you only do these for a special occasion, but remember every day we are blessed with life is a day to be celebrated! Each day can be special in its own way. Keep things fun! Charles M. Schultz said, "All you need is love. But a little chocolate now and then doesn't hurt."

You are setting the stage - the performance is coming!

Close the door.

Show Up Well Thoughts

1. What can you do today to make your bedroom more inviting?

2. What can you add to be appealing to your spouse's senses?

3. What does your spouse want your bedroom space to look and feel like?

For your FREE **Breakthrough to Success Strategy Session** with Jan, go to www.showupwell.com.

Chapter 2

Be Naked

Authenticity and transparency

Song of Songs 2:9
*He gazes into my soul,
peering through the portal as he blossoms within my heart.*

Behind your closed door is a place of trust. It is a place to create the emotional space for you to feel safe. Behind closed doors is where we get naked. The Bible tells us that Adam and Eve were naked and unashamed in their beautiful atmosphere of the garden of Eden. (Genesis 2:25)

We live in a society that heaps considerable shame on us about being naked. We think that it is forbidden to be naked or that we have to look like models (guys and gals). We look at every bump of cellulite and curve with disdain. We wish for bodies we used to have or that look like someone other than ourselves.

Coming to terms with our naked bodies can be a great motivator to take better care of them. We can notice what we can improve and take steps in that direction. Refuse to let guilt, blame, or shame in your mind concerning your body. If you can fix something, do it! Take action. If you can't fix it right now, wrap your arms around yourself and love yourself just as you are! Love yourself while you are in the process of Showing Up Well.

It is time to love and appreciate these amazing bodies that we get to live in. They may not be perfect, but they serve us well every day. Our bodies are the only thing between us and eternity. If you didn't have a body you wouldn't be here! It is time to give honor where honor is due. Honor the body you have. Think of what is RIGHT with your body. Honor your naked self! It is time to get back to the garden. It is time to be naked and unashamed!

Being naked physically is part of intimacy. However, you can be naked with your spouse and still have layers covering up yourself emotionally. How is this affecting your relationship? When you are with your spouse, check your impulses. Be aware. Stay out of the past or the future. Be present in that moment with them.

Be willing to look at each other and admire each other. You are God's highest creation. You both are a snapshot of God Himself, created in His image. (which tells me that God is male and female ... which I don't currently have a word for ... so for right now I use "His" image!)

See the good in yourself and your mate. Make eye contact. Visual contact is *the most intimate* way to connect with another person. You can connect physically with no real intimacy. However, when you look in someone's eyes, it is pure intimacy. I like to say it this way – In-to-me-see, that is true intimacy! This is why people look the other way when you make lingered eye contact. It is too personal.

Eyes are the window to the soul. Look at your spouse in their eyes, notice all of the colors, the size and shape of their eyes, and admire who they are. Slow down. Smile. What do you see in this magnificent being? Set the mood, the tone for connection. Things are heating up!

When you connect with each other, be sure you don't bring your problems, anxieties, work issues etc. into your bedroom. Put it all in an imaginary suitcase and leave it at the door. When you leave the bedroom, you can pick it all back up if you want to ... or not! Protect your space with your spouse. Leave your suitcase at the door.

Does your partner know that they are #1 to you and that you would never intentionally do anything that would hurt them? This creates a safe environment. You are making it *safe* to be naked - or transparent and authentic. Choose your words thoughtfully and carefully. Speak words of life to your love. Your spouse should always feel safe and protected with you.

What about fear?

What do we do with our fears as we are learning to be authentic and transparent? First of all, own it. Sometimes this is the most difficult step. Admit that you feel afraid. Talk it over together ... without judgement. Understand where the fear comes from and know that *now you are safe*. Discuss with your spouse what violates your trust. Find out what violates theirs. What are your partners boundaries? All of these discussions will bring greater intimacy as you share your hearts with each other.

Sex is not a one-way street. Each person is just as important as the other. Your feelings count; So do your mates. Be sure you keep private things private. Never share these intimate tender moments with anyone. These are between you two alone. Honor that trust. It creates a special bond between you. Pornography is not ever allowed. It violates the sacred space. It desecrates trust and puts images of others in your mind. Let your heart and mind be only for your spouse. Keep it holy behind closed doors. This is part of Showing Up Well.



Show Up Well Thoughts

1. What is one thing about your body that you can appreciate?

2. What is one thing about your partners body that you can appreciate?

3. Practice making visual contact with your spouse.

Want to learn more about showing up well? Go to www.showupwell.com.

Chapter 3

Be Willing to Bend

It's all about me – and you

Song of Songs 4:8
Come with me through the archway of trust ...

Showing Up Well behind closed doors is not for the faint of heart. Owning our own feelings and sexuality can feel rather uncomfortable in the beginning. A great place to start is by getting in touch with your own needs, wants and desires. You were created a sexual being. There is no shame in that.

Sex is God's idea. Own your sexuality. Admit how you feel about it ALL - first to yourself and then share it with your spouse. Take a risk and allow yourself to have fun with each other! Don't be afraid to embrace that you were created an amazing, sensual being. That is a real part of who you are.

Perhaps you have let this part of who you are grow cold. Well, *find out how to heat it back up!* Talk to your doctor or health professional. Your sexual self is not shameful or dirty. It is a part of being alive and healthy! What was dead can come to life! Be *willing* to wake up sexually. This is part of who you were created to be.

Please get over the idea that sex is just for pro-creation. Of course, that is part of the divine purpose of sex, but it is also part of intimacy and connection in a healthy marriage. It keeps you connected on a rich, deep level. Sex is a good thing in the right parameters. It is part of living a full life. It is not all about you ...

Part of Showing Up Well is to be what I call "others oriented". This means that you pay attention to how you make the *other* person feel. It is part of maturity, of recognizing that the whole world doesn't revolve around you. Maya Angelou says it this way "People will forget what you said. People will forget what you did. But people will never forget the way you made them *feel*."

Have you stopped to consider how you make your spouse feel? Do you make them feel valued? Do you take time to listen to their needs, thoughts, and desires or is it all about you behind closed doors? Now it is time to be *willing to bend* to be in tune with your partner. They have certain things they desire just like you do. If your sex-life is one sided, there is a good chance your whole relationship is out of balance. Be others oriented with your spouse.

Clearly identify what you want behind closed doors as a couple. For some reason these are conversations that perfectly capable, strong, intelligent adults tend to avoid. A little conversation can go a long way in the bedroom. When you master your bedroom communication, your conversation outside the bedroom becomes a cinch!

Bend a little ...

You create intimacy with your spouse and honor them by letting them know you are willing to step a little outside of your comfort zone to try something new. It is like a kid who is a picky eater. At least taste something and give it a chance before you turn it down completely!

When both parties agree and feel respected, go for it! Add in a little spice! Use your God-given imagination. Own your amazing body, mind, and spirit. Find out if your spouse has specific things they want to explore and discover about themselves and you. Don't be afraid to try something new. Be willing to bend to what your partner sees in their mind that they would like to experience. Be willing to experience new things within the parameters of self-respect and respect for the other person. Remember this is a partnership and sometimes you have to lighten up a little bit. You may even take your bedroom ambiance out of the bedroom! Take your sacred space between you to another room in the house, or even outside ... enjoy each other! Keep your relationship fun! (But please don't get arrested. Use common sense!)

Yes, to Show Up Well is to be willing to bend in mind, emotions, and body. However, stay in touch with *who you are* and if you are not happy about the way things are going intimately, then clearly let it be known to your partner.

The connection between you and your spouse goes with you wherever you go. You bring "the bedroom" – or *your sacred space* with you when you are together. This is part of the beauty of being married. Bring your bedroom mindset with you wherever you go. Continue to feel the connection. This keeps marriage strong. Some of the best moments in life are the ones you can't tell anyone about ... times you were willing to stretch out of your comfort zone.

Keep growing, be willing to learn, and above all, celebrate your love for each other!



Show Up Well Thoughts

1. How do you make your spouse feel?

2. How can you bend within your integrity limits to make your spouse feel special?

3. Talk with your spouse about what makes you feel connected with them.

Want to learn more about showing up well? Go to www.showupwell.com.

Chapter 4

Whatchamacallit?

Creating your own language

Song of Songs 4:11

*Your loving words are like the honeycomb to me;
your tongue releases milk and honey ...*

In our society here in America sexual terms are either slang, street talk, or scientific. We don't really have great words for body parts or sexual experiences that are endearing, honoring, and respectful. So, I think it is time for us to create our own language!

Maybe this was the plan all along ... to keep sacred things in the bedroom between two people and have our own secret language. Wouldn't that be fun? We can create our own language that is meaningful to us. Like our own personal secret.

It forces communication. It makes it sexy. It makes us think outside of the box and about expressing our own our sexuality and the way that we feel. It makes us be creative and produces even more intimacy between us as a couple. We now have words with each other that we don't have with any other person.

How special
How sacred
How intimate

Communication can feel really awkward at first because society has not set us up for success on this level of intimacy. If you can put yourself in the frame of mind of an explorer... that you will explore each other and explore new vocabulary, then it can be really fun and meaningful.

These are the kind of experiences that carry us through a lifetime.

These are the kind of experiences that keep intimacy alive for years to come.

If you don't know what to call a body part or feeling, take time to do some exploration. Explore words you already know, or make something up. Laugh! Enjoy! See what you and your spouse can come up with to describe what you see or feel. Check to see if guilt, blame, or shame is holding you back from exploring your sexuality. Let it go! This is your spouse!

I know this can feel super uncomfortable to even think about, much less talk about. But someone has to set the standard. If we don't, Hollywood will! If we don't give permission for "Holy sex" someone will be happy to give permission to have thoughtless sex.

It is time to take back the beauty of sexual intimacy between a husband and wife. It is private. It is not meant to be put up on the "Big Screen". Perhaps the privacy of something so sacred is what has kept us from talking about it for so long.

There has been a disconnect ...

Verbal expression can help connect the mind and the body. So, finding the right words to speak can help connect your mind to your body. And ... using the right words will connect you to your spouse in a special, intimate way. Give yourself permission to experience each other in brand new ways. Express your feelings with words. Scary ... I know. But worth it! The right words add spice to life, and they add spice to the bedroom!

Find out what words really rock your partners world and use them to bring even more excitement behind closed doors. Great communication is a part of Showing Up Well in life and in the bedroom! Good communication is good etiquette. It shows you care enough to think things through and learn how to speak in a way that is meaningful to the other person.

Whatchamacallit is all about creating your own special language. You may find it helpful to read books and educate yourself on each other's bodies. Educate yourselves together. That way you both feel equally informed and like you understand each other better.

In summary ...

Ask for what you need. Use endearing, honoring, respectful conversation. Make it meaningful to you both. It is your own personal secret. Don't be afraid to look at yourself. Be an explorer. Know each other's body - every mole, how long their legs are, their ticklish spot. Compare feelings and observations and talk about them and how it looks and feels to you - from your perspective. Use words that build each other up and be aware of any offensive words.

Finding your own language is very intimate. Begin your connection with words before flesh. Let words penetrate first.



Show Up Well Thoughts

1. When is the last time you laughed with your spouse in your bedroom?

2. What words make you feel uncomfortable? Tell your spouse.

3. What word excite you and make you feel close to your spouse? Tell them.

4. Make up a word for something intimate just between you and your spouse.

Find out how to Show Up Well to increase your business at www.showupwell.com.

Chapter 5

Come Here

Set the tone

Song of Songs 8:11

Come away, my lover.

Come with me to the faraway fields.

*We will run away together to the forgotten places
and show them redeeming love.*

Setting the tone for a successful end of your day starts long before you ever enter your bedroom. It begins at the crack of dawn! Maybe you bring your spouse coffee, tea or a special drink. Be thoughtful. One way you can call your partner to you is to meet their practical needs. Take some pressure off of them by running an errand, or do a chore they would normally do themselves. Give them a little breathing room to make space to connect with you.

Clean the kitchen, take out the trash, or do some random act of kindness for your partner. As you are meeting their needs during the day, you are actually calling them to you. It is a secret vibration captivating them long before you ever hit the bedroom.

It costs nothing but a few seconds of your time to draw up a bath for your love, or write a special note on the mirror, yet it can mean so much. The *power of acknowledgement* is a principle of Showing Up Well. Be intentional. There are many creative ways that you can attract your partner to you long before the lights go out in the bedroom. Be creative. Be others oriented. You understand marketing, don't you?

Be sensitive to what they may be going through at the moment... and do your best to lift their spirit... their level of happiness ...whatever level they are on, do your best to boost them to the next level of vibration, or energy.

This can be done through:

- Kind words
- Encouragement
- Words of life and hope
- Words of positivity and possibility

Words can lift your partner into a different mindset. As you reach out you actually draw your spouse in. You are calling them to you. Stay aware of cues they give that may be calling you to them as well.

Check yourself ... Are you the kind of person that *you* would want to hang around with? Are you creating positivity around you? Are you producing negativity? Negativity pushes people away. Positivity draws people to you. Think about your behavior. Are you happy and attractive, or are you disengaged and pushing your spouse away? If you want to say "come here" then keep it positive and stay engaged!

To Show Up Well, and attract another person, be sure to maintain great personal hygiene. Cleanliness is next to godliness! Be sure you are clean physically. Clean is sexy! Don't use too much cologne or perfume. A little bit goes a long way. More is not always better!

Be sure you don't ignore your partner all day and then expect to connect physically at night. That is not an atmosphere for success. Be sure the "come here" drawing power happens all day long and not just when you get ready to shut down your day.

However, bedrooms are not only open at night ...

The time of day or night that you connect with your partner is not what is most important. You two can figure that out. Switching times around can definitely shake things up a bit. Set the tone in advance and your intimacy can be open for business 24/7! Connection begins with a lure. What entices your mate? What attracts them? What calls them to you ... no matter what time of day or night?



One of the most beautiful gifts we can give someone is to make them feel welcomed and desired. How can you draw your spouse to you? This is not some stranger. This is the person you chose to spend your life with. It is worth figuring out what attracts your love to you!

Send them a text or message. You can set the tone with your secret language. A bedroom mindset must be created first. *Guys, this is where many miss the mark and are left wondering what happened!* A woman has to connect with you in her mind and emotions FIRST. You can think about sex and be ready in 60 seconds!

It has been said that men are like light switches, they turn on quickly. Women have to warm up first. It is like water coming to a boil. Give us a minute! Be open to receive ways that are meaningful to your partner that will re-set their mind.

On the other hand, *be open* to receive advances from your partner and be willing to initiate. No one likes to feel rejected. Be gentle and kind. This is not an outsider. It is your spouse! Honor their “ask”. Be sensitive to their advances toward you. Be respectful and willing to be spontaneous while respecting yourself.

If you are making an advance to call your spouse to you, verbalize what you do want. If they are not on the same page, ask them ... “what can I do to make my communication even better?” Woo them, and get on each other's wave-link or vibration. It takes time. It takes practice. Don't give up. Try to keep it light-hearted.

Come here...
The words everyone wants to hear.
You feel accepted, wanted ...
It is the invitation
Come Here.



Show Up Well Thoughts

1. What is one thing you can do on a daily basis to call your partner to you?

2. What is a meaningful act of service you can do for your spouse?

3. Send your lover a special message as a surprise today.

To learn more about Jan's Show Up Well Coaching Programs go to www.showupwell.com.

Chapter 6

Where to Start

Know your ABC's

Song of Songs 4:12

*A secret spring are you that no one else can have—
my bubbling fountain hidden from public view.
What a perfect partner to me now that I have you.*

I noticed in business that many people don't Show Up Well simply because they don't know where to start. They "don't know what they don't know". The same can be true when we are learning to Show Up Well behind closed doors. Maybe you don't know how to begin. Perhaps you feel like you have been together so long intimacy just doesn't matter anymore. I am here to tell you that Showing Up Well matters until the day we die!

At the end of this chapter I give you 31 points to Show Up Well that you can focus on. There is one for every day of the month. Surely you can find at least one thing that feels like a good place to start. But for now, let's begin with our ABCs.

A - Appearance – Your appearance is how you show up. It is the first thing others notice about you. Appearance is exterior. It is the physical way you present yourself to the world. How are you presenting yourself to your spouse? Some things are difficult to change and take time, but there are things you can do to instantly make your appearance more attractive.

Adjust your posture. Be aware of how you round your shoulders or slump your body over and stick your belly out. By simply adjusting your posture and standing or sitting up straight, you can appear more attractive. Smile. Be aware of your facial expressions. When we are deep in thought we can wrinkle our forehead or turn the corners of our mouth down. Smile at your spouse. A smile is like honey. It draws people to you. It is hard to be attracted to you when you look grumpy!

Does your clothing fit appropriately and look good on you? If something is wrinkled, do you iron it or do you look like you just crawled out of bed? Present yourself well to your partner. If you are going out somewhere, be sure you look like someone they can be proud of. Remember you are a representation of each other.

Do you have unruly hair that needs to be trimmed? Be sure you are well groomed and clean. Don't leave out your eyebrows, nose, ears or *any* part of your body hair. Ask your partner to help you and let you know if they see something that needs a little touch up! This is part of intimacy and watching out for each other.

B - Behavior – Knowing where to start with behavior begins with a first impression. You never get a second chance, and you only get 5 seconds! Obviously your initial first impression has been made with

your spouse, but what about on a daily basis? What is the first thing you say to them in the morning? What about when they come in the door?

Take a moment to greet your love and tell them good morning before you give out your to do list. Ask about their day before you delve into your own needs when they walk in the door. When you honor each other, everyone's needs get met.

Being sensitive to your first impression EVERY TIME will help you adjust your behavior to be more respectful, thoughtful, and attractive to your spouse. Watch your behavior. Especially in the first 5 seconds of every interaction. Slow down. Take a breath. Make it a goal to create a great first impression with your spouse in every interaction.

C - Confidence –Confidence is attractive. Confidence has great drawing power. Did you know that when you are confident it makes the *other* person who is in your presence feel better? When we are down on ourselves or operating in low self-esteem it makes other people feel uncomfortable around us. We can all experience a down day. However, if you are living your life feeling badly about yourself then you are pushing others away from you, including your spouse. Get some help. Reach out to me. I have great tools to help build your confidence and get you back on a strong foundation. You can build your confidence back up even after it has been crushed. I know first-hand. I know how to get you back on your feet. You are worth it! Confidence is sexy. Go to www.showupwell.com for your FREE Breakthrough Session!

If you have been with your spouse for a long time, perhaps it is time to re-introduce yourself! There is a danger when we get a little too familiar with someone to think that we know *everything* about them. We all shift and change through different seasons of life. There is always something new you can learn about your partner.

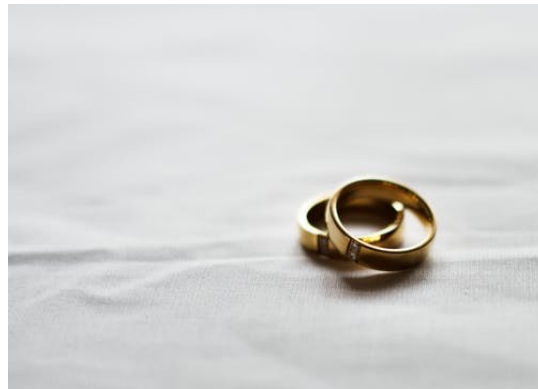
Think about it... you have lived with yourself *all of your life* and I guarantee you there is more to yourself that you have not yet discovered! The same is true of your mate. Get creative. Try new things. Ask new questions. Get to know each other again on a whole new level.

Honor the history between you. You can have fun looking back on times you have spent together. Yet remember, people change, their tastes change. Re-introduce yourself! Get out of complacency. Bring honor and respect back into the relationship by Showing Up Well for each other. And yes, it will affect the way you show up behind closed doors! Oooh La La!

31 Protocols to Show Up Well - In life, business, and behind closed doors

Practice monthly on the corresponding day of the month

4. Be Others Oriented
5. Be Kind
6. Always give more in value than you expect to receive
7. Go the extra mile
8. Treat others the way you want to be treated
9. Be positive
10. Practice Self-Care
11. Be authentic
12. Be transparent
13. Be present
14. Be prepared
15. Be trustworthy
16. Be well groomed and clean
17. Keep your word
18. Be confident
19. Make your best first impression
20. Take time for effective communication
21. Own who you are and what you have done
22. Be a great listener
23. Stay open and teachable
24. Honor your worth and value
25. Be wholehearted
26. Get rid of negativity
27. Watch your words carefully
28. Practice, practice, and practice again
29. Improve what you can
30. Act as if you belong
31. Make eye contact
32. Pay attention
33. Do everything with excellence
34. Begin and end each day with gratitude



Show Up Well Thoughts

1. How can you adjust your appearance to be even more attractive?

2. What is one thing you can do to improve your first impression?

3. How can you improve your confidence level?

For your FREE **Breakthrough to Success Strategy Session** with Jan, go to www.showupwell.com.

Chapter 7

A Happy Ending

Satisfaction on every level

Song of Songs 8:14

*We will dance in the high place of the sky,
yes, on the mountains of fragrant spice.
Forever we shall be united as one!*

Everyone loves a happy ending. Cinderella gets her prince. Nemo is reunited with his Dad. And Beauty and the Beast? Well, that is a sure-fire happy ending for both. Every day can be a happy ending if you are willing to Show Up Well. When you lay your head on your pillow at night and you know you Showed Up Well all day long, you can sleep in peace. When you add connecting with your spouse and both of you are completely satisfied ... that, my friend is an exponential happy ending.

In business, a happy ending is when everyone gets what they want. If one side isn't satisfied that is not conducive to good business. Just because you close a sale it doesn't mean their business will be repeated. Closing the deal behind closed doors cannot be your highest goal if you want repeat business!

Be sure to communicate authentically that your interest is in *relationship* and *long-term commitment* if you want to close another deal! No one likes to feel like they were just "sold" a product or service. Show your spouse the same respect you would your most prized client.

Don't be afraid to speak up for yourself and know that your ending is just as important as your partners. Be sure your love knows that you desire them whether they "buy" or not! Keep respect and being others-oriented in the center of your bedroom. This sets the stage for a happy ending for you both.

Be sure to follow up with your spouse. Remember, it is the service after the sale that counts! Don't just call it quits after your needs are met. Keep communication open. Speak words of life to your partner. See if they have any additional needs. Showing Up Well will bring you a happy long-term relationship and repeat business!

Sometimes we are at odds with our spouse. Don't go to your bed with anger between you. That is not a happy ending. At least acknowledge each other even if you can't agree. Acknowledge that you are not on the same page at the moment but you will work on it until you figure it out. Agree to sleep on it. That is a happy ending in that moment.

Be polite.

Be kind.

Someone lost their spouse today and is in great grief.

Be grateful you have each other.

Keep things in perspective.

This too shall pass.

Always kiss each other goodnight ... even if it is an air kiss. (And don't stick out your tongue)

End your day in gratitude.

Every story deserves a happy ending.



Show Up Well Thoughts

1. What can you shift to make sure your day ends up happy?

2. What can you shift to help your spouse's day to end up happy?

3. Create a ritual to end your day with your spouse.

You can learn to Show Up Well in life and in business. Go to www.showupwell.com.

In Conclusion

Bedroom Etiquette - How to Show Up Well behind closed doors was created to give practical advice to spice up your bedroom, and create a sacred space for fun and adventure with your spouse.

This book has given you many tools to ensure that you connect in a meaningful, respectful way. Now that you know how to Show Up Well behind closed doors, it is time for implementation. This book is not meant to be a checklist, but rather a guide to bring you and your spouse closer together.

You may want to begin with creating your language, or by trying different things to set the tone. All of these suggestions can work in tandem. There is not necessarily a particular order. The important thing is *don't give up*. If something isn't working quite right, move on to a different strategy. Keep falling in love with your spouse. In the words of Mignon McLaughlin, "A successful marriage requires falling in love many times, always with the same person." Keep those sparks flying!

You have a lifetime together to continue growing and figuring it all out. May respect be your highest priority; Respect for God, respect for yourself, and respect for your spouse. You are well on your way to Show Up Well behind closed doors!

Song of Songs 4:9

For you reach into my heart.

*With one flash of your eyes I am undone by your love,
my beloved, my equal, my bride.*

You leave me breathless—

I am overcome

*by merely a glance from your worshiping eyes,
for you have stolen my heart.*



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I would love to hear from you!

Do you have questions or comments?

Email me at jan@showupwell.com.



Jan Goss-Gibson is America's Expert in Personal and Professional Excellence. She is the CEO of Civility Consulting, a global business training and consulting firm and creator of the Show Up Well System for Professionals. Jan is an award winning speaker and author and was recently named America's #1 Master Confidence Strategist. She is highly regarded as an authority in First Impression Management.

A sample of her clients include GE, Texas Sun and Shade, NXP, Adisa Communications, Mary Kay, the University of Texas at Austin, and BusinessSuites.

Born in Munich Germany, Jan was the daughter of a military officer. She and her four siblings traveled extensively in her early life (21 moves in 18 years!). As a result, a passion for people of all cultural and ethnic backgrounds was born.

Jan began the Austin School of Protocol, LLC in 2007, and launched nationwide as Civility Consulting in 2011. She studied International Business at American Intercontinental University and is a graduate of the Protocol School of Washington and the Global Leadership Program. She and her clients have been featured on ABC, CBS, NBC and FOX networks nationwide.

Jan resides in beautiful Austin, Texas with her husband, Richard Gibson.



"This book is not just for married couples. It is for single or divorced people about to take sacred vows of marriage. It takes all of the anxiety and fear away from the sexual unknown. Well done!"

C. K. Walker, Esq. Creator of One Happy Lawyer

"So many times, in marriage we don't talk - It's crazy! This book should be a part of every pre-marriage class!"

Heather Frierson, Founder of Created Woman Foundation

"When we treat our marriages and personal relationships with intention, we will see incredible benefits. Jan Goss-Gibson has given us the plan to do just that. Bedroom Etiquette – How to Show Up Well Behind Closed Doors gives a fresh viewpoint on creating a sacred space to intentionally connect with our spouse."

Sandra Dee Robinson, Actor, Television Personality, Media Consultant and Trainer

"This conversation is long overdue. My wife hit it out of the park with this one!"

Richard Gibson, Inventor of Eli Technology, Mentor of Men, Husband Extraordinaire

**Are you ready for a healthier sex life and more self-awareness and respect?
Are you ready for greater intimacy with your spouse and a happy space to end each day?
Bedroom Etiquette – How to Show Up Well Behind Closed Doors covers it all from designing your
sacred space to creating a happy ending.**

This book is a must read for every married couple!

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