Lesson #1: You need to build yourself first. Your relationship with other people is just a reflection of the relationship you have with yourself. When we are free to be who you truly are, we are free to love others well. Don't chase someone you hope will fill the empty spaces inside you. Instead, become the kind of person you want to attract. Prioritize your own growth first.

Lesson #2: notice the good qualities your partner already has and celebrate them. Keep discovering new sides of them. It's dangerous to expect them to have qualities you wish they had. Start building on what you already have. Statistics shows unrealistic expectations kill relationships in general either with your spouse or your child.

Lesson #3: Learn to let it go especially the things you cherish. If you squeeze something hard enough, it loses its life. You end up dragging it along behind you. Think of it like a balloon: when you let it go, you get to see its beauty. It gets to fulfill its purpose as a balloon. Trust that both the balloon and you will be better because you let it fly.