

A man and a woman are shown in a close embrace, their faces nearly touching. The man, on the left, has his hair tied back and is wearing a green and black striped shirt. The woman, on the right, is smiling and looking towards the camera. They are standing in a forest with sunlight filtering through the trees, creating a soft, dappled light effect. The background is a dense wall of green foliage.

FREE GUIDE

# 4 steps to get your partner on board with your growth

WITH SARAH JENKS & DR. JONATHAN BRAJTBORD



If you've been deepening in your own spiritual & personal development journey, but you're not sure how to get your partner on board with your growth, here are the first 4 steps I recommend you take.

But before I dive in, I want you to know that you're not alone. One of the most common concerns that women who come into my orbit have, is exactly this. Women tend to stumble upon my work and programs when they are already starting to see the unseen language of the Universe, remembering that they are magical, and are extremely committed to their own personal growth and Soul awakening.

But their husbands are just not in the same place.

## 1. KNOW YOU DESERVE TO HAVE A PARTNER THAT IS GROWING WITH YOU.

This might seem like an obvious first step but I can assure you—it is the most important. Take a deep breath, put one hand over your heart and the other over your womb space.

Say this sentence out loud:

**"I deserve to have a partner that is growing with me."**

Say it again and again, every day, until you really believe it.

And here's the thing you need to know about the belief you've been holding up until this point (that you should "just be happy" to be married to a decent man) — that belief comes from your conditioning (aka patriarchal brainwashing) where we have normalized grown men acting like children, and it's not okay.

You are allowed to say no to immaturity and stagnation. Embrace the idea that it is possible to have a partner who desires the same growth that you do.







## 2. BE YOUR TRUE SELF AROUND YOUR PARTNER.

Do not wait for your partner to grow to show them who you've already grown into. So many women that I know are hiding who they really are in their relationship because they are afraid that they are outgrowing their partner and that the marriage could end.

But here's the thing about this — one extremely effective way for your partner to accept the invitation to step into his own growth, is for you to show up FULLY in your own. Showing up in your highest frequency will allow you to approach your relationship from a healthy position of empowerment, and not shrink down to accommodate them.

## 3. BE HONEST ABOUT HOW MUCH YOU CARE ABOUT YOUR PARTNER GROWING.

Most women will downplay how much they want to do something for fear of "asking for too much" or "being too needy," so they will throw something randomly into a conversation right before bed or while you're cleaning the kitchen. Often because of your flippant tone, your partner doesn't get how much something means to you, or how important it is, so they dismiss it, ignore you or push off the conversation to later.

Be honest with your partner about what you desire from him. Tell him that you want to talk about something important and ask when a good time to do that would be. Sit down and have a loving and honest conversation about how you are feeling now and how you want to feel when you are with him.



## 4. USE YOUR MARRIAGE AS A GATEWAY TO PERSONAL GROWTH.

Here's the reality — and this comes directly from my husband Jonathan's experience as a physician and Men's emotional health expert — most men will look at themselves only after they start looking at the marriage and undoubtedly see how their own unhappiness is contributing to the issues.

This is how we often see the process unfold —

1. She seeks therapy or embarks on a personal/spiritual development journey because she wants more out of life. Often at a breaking point (but not always).
2. She asks him to come to therapy with her or join a program or go on a marriage retreat to heal a disjointed partnership (or just to reset & revitalize the marriage)
3. The marriage improves and he realizes through the process what is not working for him in his own life and he seeks his own support.

A modern marriage can act as a mirror, reflecting both partners' strengths and weaknesses. In other words, marriage work is the gateway drug to getting your partner to do personal development.

If you are clear that the next step in your journey is to address what's happening in your marriage (with your partner) so that you can have the loving, equitable and HOT relationship you've always desired —

**It's time for a Marriage Reset.**

[Sign up for our Free Marriage Reset Workshop](#)



## BONUS STEP 5. CONNECT HIM WITH JONATHAN

After you have this conversation with your partner, you can share with him in the most loving way that it would mean a lot to you if he considered doing his own inner work, and that you will continue doing yours. Be that through therapy, meditation, group coaching, or even a men's retreat... but ask him to commit to something.

If your husband is not sure where to start, he might want to check out Jonathan's live online program where he will be introduced to the concept of inner work, have an opportunity to connect with other men, and to receive guidance and coaching directly from Jonathan.

Men's Work: Inner Work for Professional Men is a no-bullshit, no-frills, online program to help men go from being in cruise control to having an active, intentional life filled with passion and purpose.

And if he's skeptical (he will be), you could ask him to watch Jonathan's free, instant access seminar to see if he resonates with the concepts. Details below.

IF YOU'RE A PROFESSIONAL GUY THAT LOOKS LIKE YOU HAVE IT ALL TOGETHER, BUT YOU'RE ACTUALLY COMPLETELY OVERWHELMED,  
JOIN JONATHAN FOR

**JUST TRYING TO KEEP IT TOGETHER:**

**A seminar for men who haven't told anyone that they are struggling**

[DOWNLOAD THE SEMINAR](#)





# About Your Guides

## **SARAH JENKS + DR. JONATHAN BRAJTBORD**

As an Ordained Priestess, Sarah Jenks has mentored and coached thousands of women over the past 12 years in cultivating a purpose, an identity, and a sacred life.

Her work has been featured in Forbes, Parents, Health and Success, to name a few. Sarah is the founder of Holy Woman, an international community and program dedicated to healing patriarchal brainwashing and helping women be their true, fully expressed selves in the world.

Dr. Jonathan Brajtbord is a widely published, board-certified Urologist and Integrative Medicine Practitioner, and the founder of Men's Work, an online program dedicated to men's physical, emotional, and relational health.

Read our short-ish story at [modernmarriage.us](https://modernmarriage.us)