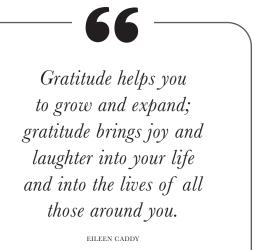


COUPLE'S CONNECTION PLAN: A Time for Reflection and Resolution

GRATITUDE





Top 10 Reasons I'm Grateful for My Wife Top 10 Reasons I'm Grateful for My Husband 1. 1. 2. 2. _____ 3. _____ 3. _____ 4. _____ 4._____ 5. _____ 5. _____ 6. _____ 6.____ 7.____ 7. 8. 8. 9._____ 9._____ 10. _____ 10. _____



MARRIAGE CHECK UP

Looking back upon any year, there will be things that needed improvement and things that went extremely well. Together, look back upon your marriage this past year and come up with some things that went really well and some things you would like to adjust in the coming year. Celebrate the good, and reflect together on areas you'd like to improve on so that next year will be your best year yet!

Examples:

- Went Well: We had regular date nights where we connected.
- Needs Improvement: We need to do a better job of listening to each other.

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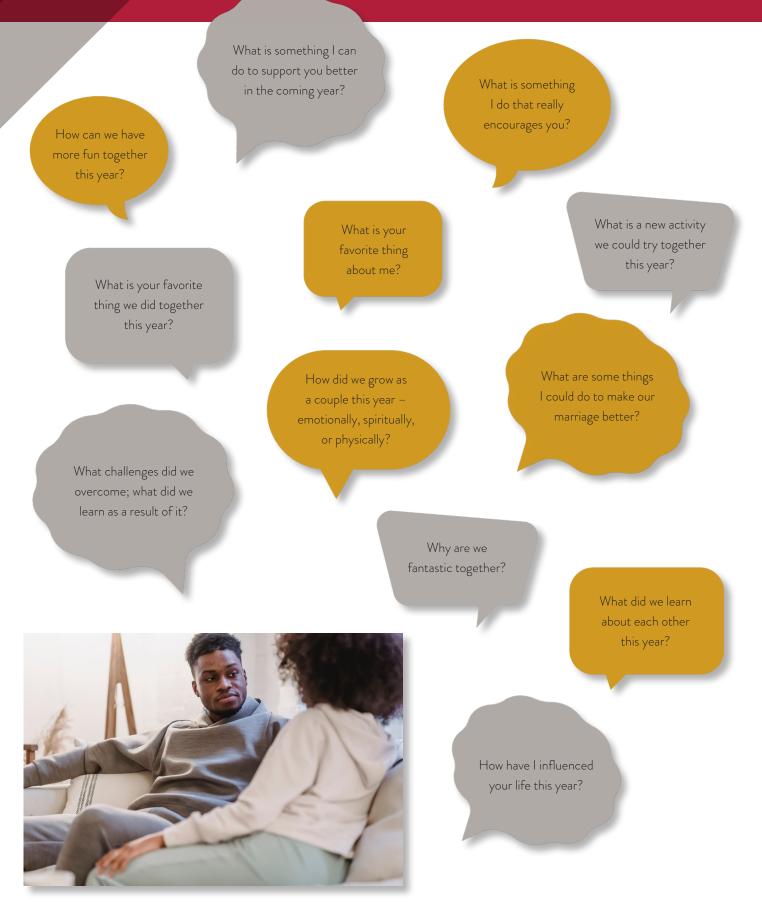
When it comes to your marriage, if the grass looks greener somewhere else, it's time to water your own yard!

Things We Did Well This Past Year

Things That Need Improving In the Coming Year



CONVERSATION STARTERS



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DATE NIGHT ACTION PLAN





Look at the year ahead, and come up with an action plan to make date nights a priority. Every marriage and family situation is different, but what remains the same for all marriages, is the importance of finding time to connect and be intentional. Date night for one marriage might look like purposeful time with one another in the comfort of your living room, while for another marriage it might be monthly date nights to try new restaurants around town.

Make it a priority. Do it regularly. Get creative. Dream and plan together. Write it down and put it on the calendar.

Discuss together and plan out what date nights will look like in YOUR marriage.

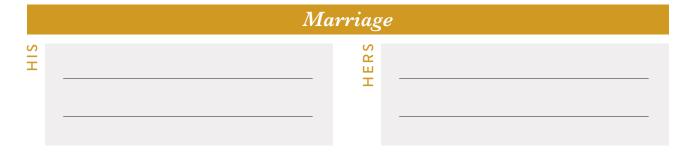
- How often?
- Locations: the same or different?
- Activities: the same or different?
- Budget?
- Who will plan?



Dream big together and use this as a guide to write it down. Then, don't stop there! Put this somewhere where you both can see it and work to support one another throughout the year. Maybe take it along on monthly date nights or find a time to check in with each other about your goals throughout the year!

Personal					
HIS					
Spiritual					
HIS					
	Professional				
HIS	HER				

Health & Fitness					
HIS		HERS			





STRONG MARRIAGE. STRONG FAMILY. STRONG COMMUNITY.

More resources available at SAMARRIAGE.ORG

