

INTENTIONAL MARRIAGES

INTRODUCTION WORKSHEET

- Does faith play a part in your marriage? Do you pray together? Is going to church important to you? Why or why not? How do you grow or nurture your spiritual relationship?
- Have you been to counseling? If yes, what was it like? If no, what is your position on counseling? Would you be open to establishing a relationship with a counselor?
- If counseling is not an option, would you consider establishing a relationship with a married couple you'd like to learn from, who is 10+ years ahead of you?
- Take one or all 3 of the assessments to gain more self-awareness.
 - <https://tests.enneagraminstitute.com/>
 - Compatibility with your spouse
 - <https://www.enneagraminstitute.com/the-enneagram-type-combinations>
 - <https://intentionalmarriages.net/break-free-unhealthy-thinking/>
 - <https://amzn.to/2QuJydl>
- How often do you go on dates with each other? How can you be more intentional?

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STEP ONE: SCHEDULE

- Baby steps could mean making the Hopes & Dreams first and practicing this step for a couple of months. Which step do you think you will start with?
- Have you heard of “The Magic Relationship Ratio?” It’s a concept I’m sure you’re familiar with but does it sound doable?
- Which of the positive interaction examples do you think you could implement right away?
- Do you have a shared calendar with your spouse? If not via your phones, perhaps buy a large size one for your pantry door. How can you implement this weekly schedule review into your talks?
- Choose a stressor your spouse is anxious, nervous, uptight about and send them a note to let them know you’re thinking about them.