

# FOR AN AMAZING MARRIAGE

## The 6 Habits of Highly Effective Couples

### COMMITMENT:

- Be faithful-thou shalt not steal thy neighbor's wife/husband
- Work at it
- Fall in love with the same person day after day
- It's not about you
- Keep a united front with others
- Take continuing education courses in marriage

### TIME TOGETHER:

- Date night weekly
- Spend time together-and alone
- Play sports together
- Take mini-vacations with and away from each other
- Find a hobby that takes you away one night a week
- Be best friends
- Remember why you got married
- Don't let children rule your life

### APPRECIATION:

- Say I love you everyday-and mean it
- Express your gratitude to and for one another
- Be generous with your heart, time and possessions
- Be each other's head cheerleader
- Learn to love your spouse's family-and be a part of it
- Brag about your spouse to others-especially to family
- Remember that your spouse is not an extension of you
- People change, and the point of marriage is to grow together

### COMMUNICATION:

- Listen, trust, play, write notes
- Manage your finances
- Honesty, intimacy, equality
- Laughter
- Just say YES to your mother-in-law
- Fight fair
- Make love wonderfully-and often
- Say "I'm sorry" and "Thank you"
- Turn off the TV during dinner
- Be honest-but don't always say everything on your mind
- Sacred time and sacred space.

### SPIRITUAL WELLNESS

- Pray together, share your faith
- Create spiritual connections
- Keeping in shape and eating healthy foods shows you care
- Take care of your self-no one else can make you happy
- Volunteer to serve others

### COPING WITH CRISIS

- Know that you are strong enough to make your marriage what you want
- Pick your battles-not everything needs to be a big deal
- Share your pain
- Forgive
- Crises (illness, losses.) magnify whatever is there
- Expect hard times-all marriages endure difficult times
- Keep it simple-don't complicate your lives