



DAILY HABITS WITH YOUR SPOUSE

checklist

**YOU'LL NEVER CHANGE YOUR LIFE UNTIL
YOU CHANGE SOMETHING YOU DO
DAILY. THE SECRET OF YOUR SUCCESS
IS FOUND IN YOUR DAILY ROUTINE.**

John C. Maxwell

**This simple 8 point checklist is designed to ensure you are
connecting with your spouse in meaningful ways everyday.**

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Following this 8 point checklist will ensure you are connecting with your spouse in meaningful ways everyday. Print the business card sized checklists to carry with you to keep front of mind. Don't be overwhelmed if these are all new to you...start with one and continue to add to it. Soon enough these become daily habits you won't have to think about and your connection will continue to strengthen.

PRAY FOR & WITH EACH OTHER



Prayer is an invitation to bring God into the midst of your marriage, the third cord strand. Prayer allows God, the Creator of the Universe and your Savior, Jesus the opportunity to guide your life, an opportunity to give you what you ask for (as long as it aligns with His Will). Prayer is the catalyst to positive change.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6

Studies have even proven the efficacy of prayer in keeping marriages together. A 1997 Gallup Poll done by the National Association of Marriage Enhancement showed the divorce rate among couples who pray together regularly is 1 out of 1,152. That's way less than 1%.

MEANINGFUL TOUCHES (8-10)



Research has shown that it takes 8 to 10 meaningful touches a day to maintain physical and emotional health. Research is also suggesting that touch is truly fundamental to human communication, bonding, and health. Touch can even have economic effects, promoting trust and generosity. There are studies showing that touch signals safety and trust, it soothes. Basic warm touch calms cardiovascular stress. It activates the body's vagus nerve, which is intimately involved with our compassionate response, and a simple touch can trigger release of oxytocin, aka "the love hormone." (Dacher Keltner)

Being intentional and making physical touch a priority, no matter your love language will benefit both of you individually and your marriage as a whole. This can be from a hug, a touch on the shoulder, rub of the back, holding of a hand, etc. Keep it simple yet intentional.

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ACKNOWLEDGE ONE THING THAT
YOU ARE GRATEFUL FOR IN YOUR
SPOUSE OR THAT THEY DID

What we choose to focus on we get more of. Decide to focus on seeking out an opportunity to be grateful for your spouse or something they have done. Sometimes you don't see things because you're not looking for them or you're focusing on the wrong thing.

"What you focus on you find, what you focus on grows, what you focus on seems real, and what you focus on you become." Rod Hairston

So become grateful!

"... give thanks in all circumstances; for this is God's will for you in Christ Jesus.: 1 Thessalonians 5:18

ONE FLIRTATIOUS ENCOUNTER

Being married doesn't mean the flirting stops! Remember when you first were trying to catch each other's eye?! Bring that playfulness back. Give your spouse that wink, sexy smile, sexy text, sexy comment...we don't have to tell you how to flirt!

"Your lips are like a scarlet thread, and your mouth is lovely..." Song of Solomon 4:3

ONE PASSIONATE KISS

This should be self explanatory. This is not just a peck, you both deserve more! It doesn't have to lead to something more (or not every time!). Will this be how you say see you later, or how you say welcome home? It's up to you when you lay it on your spouse but include a 20 second yummy kiss everyday and experience the difference.

"Let him kiss me with the kisses of his mouth—for your love is more delightful than wine." Song of Solomon 1:2

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15 MINUTES TO TALK (AT MINIMUM, QUESTION OF THE DAY OR HIGH / LOW)



Can this be at dinnertime? If dinnertime is filled with taking care of kids and everyone else, is this just before bed or in the morning before you both start your day? Find the time to carve out even if it has to be over the phone due to your differing schedules but be intentional to connect to talk.

You can simply ask, what was your high today? Meaning, what do you feel was the best thing that happened to you today. (If it's morning talk, it would refer to the day before.) And then, what was your low? Or, what was something that didn't go as expected, was a setback or disappointment.

Each of you share responses to these. Be sure to celebrate each others highs and then give each other compassion for the low. These conversations can also turn into prayer points for each other.

Mix it up with having a question of the day instead, or even add the question of the day if you have more time. We have a resource, 365 questions, you can select one from or just find a question yourself. It can just be a fun question or sometimes you can mix in a deep question, or make it a refresher of something you already know. The goal is to connect! Take turns listening and sharing, focusing on each other.

KISS GOODNIGHT



Always kiss each other goodnight! It takes but a moment and shows your spouse that no matter what the day entailed, they are still important to you. Plus, tomorrow is never promised.

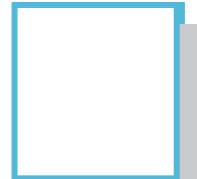
"Do not boast about tomorrow, for you do not know what a day may bring."
Proverbs 27:1

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SAY I LOVE YOU, LIKE YOU MEAN IT



This is another habit that it doesn't matter if words of affirmation is your love language or not. Even if your spouse knows 100% that you love them, it is important to say it out loud to them.

Words are powerful. Words speak life, or they speak death. Therefore, saying I love you, like you mean it, at least once a day speaks love into your marriage. It brings life to your marriage, it allows a sense of security and it guides your actions.

"Death and life are in the power of the tongue, And those who love it will eat its fruit." Proverbs 18:21



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