



♥
Growing Better
Together



As we go through seasons of stress and change it's so important to prioritize our relationship with our significant other, and not let the bond you've built fall to the wayside. **One of the best ways to care for yourself and your relationship is to set up routines and goals to make sure you are being intentional about investing and growing together.** In this Ebook you will find several daily, weekly, and future focused activities you and your spouse can do together. **Setting aside just 5-10 minutes a day to refocus on one another will help keep you united as a team, no matter what the future holds.**

Daily Routines



It's been proven to take 21 days to form a habit. Every day the choices we consciously make lead to habits and routines, negative or positive. Practice mindfulness and build a solid foundation for your relationship to grow upon by practicing healthy habits for loving couples. **Take a look at the list below and decide which ones you and your spouse would like to practice. Not everything on the list will work for everyone, pick the ones that are most important to you, and of course feel free to add your own!** Fill them out on the below Habit Tracker and commit to at least 21 days. If you miss a day, the countdown begins again!

Ideas For Habits & Routines For Strong Relationships:

- Wake up together
- Eat breakfast together
- Hug or kiss before every goodbye
- Send a mid-day check-in text
- Go on a daily walk together
- Compliment each other
- Hug for 5 full minutes a day
- Ask if your spouse needs help
- Go over how your day went, mention a high and low point.
- Have dinner together
- Pray together
- Do a daily devotional together
- Run an errand together
- Turn off screens at a certain time for the rest of the night

Weekly Check-In

In the busyness of life you and your spouse may sometimes switch to autopilot, living together, but on your own path and out of sync. **Hosting a weekly couples check-in meeting is a great way to reconnect, get on the same page, and make sure your weekly goals and plans align.** The goal of a weekly meeting is to clear the air of any issues so nothing bottles up, foster teamwork, agenda setting, and making sure both spouses feel heard and cared for going into the week. **Set a day and time to spend 30 minutes connecting. Make it fun by having coffee or a special treat while you discuss. Here is a template you can print out and use as a guide.**





Gratitude—Start by choosing something you are grateful for this week and a way your spouse deserves to be appreciated.

A highlight of my week was _____ I appreciated when you _____

I feel most loved & supported when you _____

.....

Trouble Spots—Any tensions or issues that popped up this week? Take the time to discuss your feelings and listen to your spouse's.

Ask your spouse: Was there anything that bothered you this week you'd like to discuss? Anything stressful coming up this week for you and what do you need from me? Is there anything I can do to support you better?

Date Night List



Print this free date night list out and hang it somewhere you will see it. Decide that once a month you and your significant other will pick one thing on this list to do together. Print out the label below and attach it to a jar. On date night day, set aside some money you would have spent going out, and put it away in the jar. After a year of free date nights use the savings in your jar to treat yourselves to a celebratory outing or getaway!

JAR LABEL

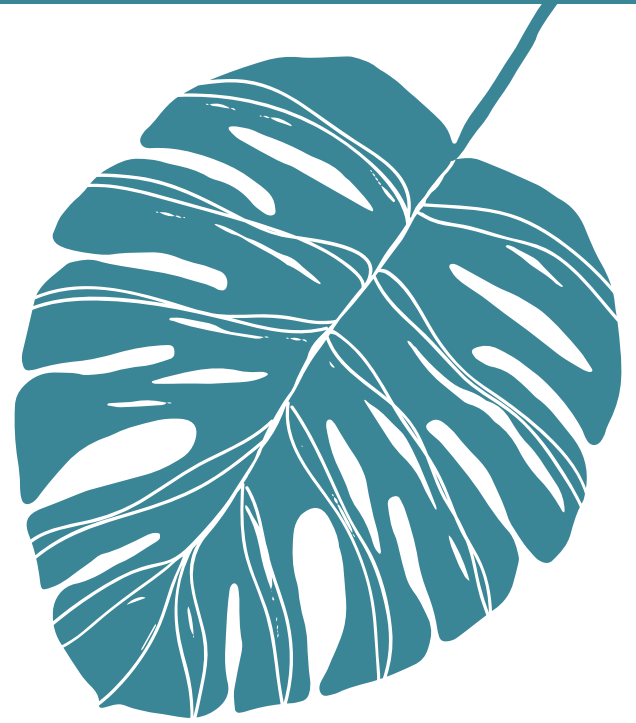


DATE NIGHT FUND-
Investing In Our Love



12 Free Date Nights

- Make a Time Capsule**—Spend a night reminiscing on memories & dreaming of the future.
- Double Feature**—No arguing here, you both get to pick a movie to watch back to back. Break out your favorite snacks and comfiest PJ's!
- International Cooking**—Spin the globe and wherever your finger lands spend a night preparing local cuisine from that country and learning about local flavors and traditions.
- Take a hike**—Find a local nature trail and spend the day in the great outdoors.
- Game night**—Take a turn at trivia or any other two player games. Decide on a prize for the winner to up the competition.
- Backyard picnic**—Pack a picnic for two and sneak outside for a getaway without having to go far.
- Get Crafty**—See what art supplies you have at home and create something together.
- Volunteer Together**—Find a local cause you care about and lend some of your time to giving back, as a team.
- Bake Off**—Use whatever pantry staples you have to see who can create the most scrumptious dessert. You can be the judge or bring your children or a friend in after to see who was the best chef.
- Learn Together**—Take a free class, either online or at your local rec center, and learn something new. The possibilities are endless!
- Dance It Out**—Find an online tutorial and try your hand at a fun form of dance! Crank the music and swing your spouse.
- Get Personal**—Take the 5 Love Languages quiz, The Enneagram, Meyers-Briggs and any other personality tests you are interested in. Discuss and compare results over coffee, learning more about yourself and each other.



Dream Big

This template is a great form to use when trying to create goals for your future together. **We suggest creating a 1 year, 5 year and 10 year goals sheet and revisiting them every year to see if you're on track or if anything needs to be adjusted or changed.**





Year Goals

Financial Goals: _____

Things we can start implementing to get on track: _____

Social / Spiritual Growth Goals: _____

Things we can start implementing to get on track: _____

Career Goals: _____

Things we can start implementing to get on track: _____

Family Goals: _____

Things we can start implementing to get on track: _____
