

Couple's Connection Plan:
A New Year ~ A Better Us





"In marriage, it is sometimes easier to notice things that bother us, than it is to see things we should be thankful for. What a chain reaction we can start in our home, by simply showing thankfulness to and for our spouse!"

Top 10 Reasons I'm Thankful for My Wife

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Top 10 Reasons I'm Thankful for My Husband

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

As we reflect back on the past year, it is a great time to see how we can improve the state of our marriage as well as look at the encouraging moments that happened. With these things in mind, look at what you'd like to adjust, and celebrate together over the positives!

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.

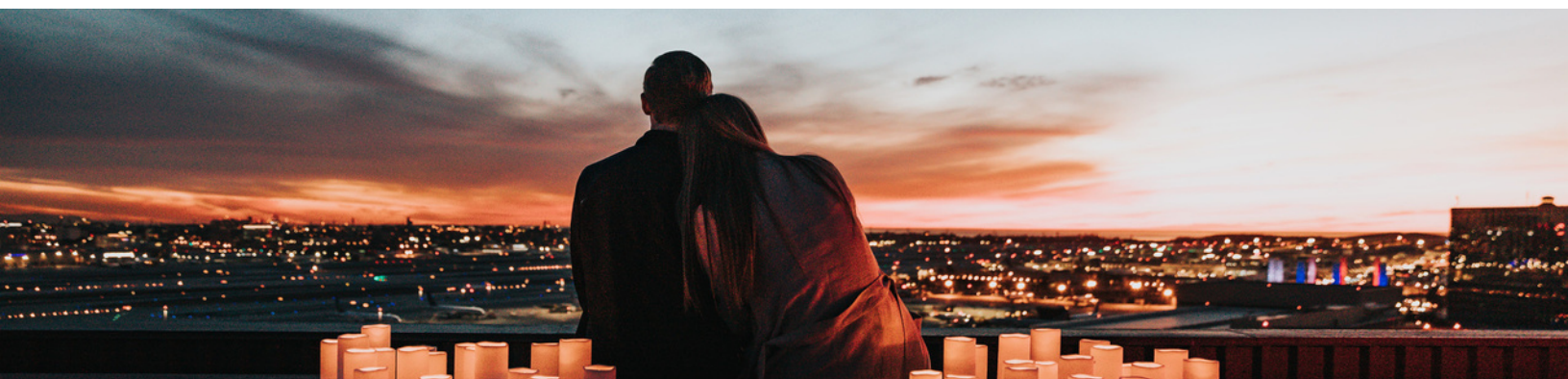
“

Put your listening, understanding, and empathy skills to work and talk about how you can better show up for one another in the life you've built together.”

DRS. LES AND LESLIE PARROTT

Things We Did Right This Year

Areas To Improve On...





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.



GOALS FOR US THIS YEAR...

- 1 marriage book to read
- 1 marriage class to attend
- 1 marriage podcast to listen to
- 1 restaurant to try
- 1 getaway to plan

Make it a priority.

Do it regularly.

Get creative.

Dream and plan together.

**Write it down and put it
on the calendar.**

How can we have more fun together this year?

What is something I can do to support you better in the coming year?

What is something I do that really encourages you?

What is your favorite memory from this year?

How have you personally grown and changed this year?

What is a new activity we could try together this year?

How did we grow as a couple this year – emotionally, spiritually, or physically?

What are some things I could do to make our marriage better?

What challenges did we overcome; what did we learn as a result of it?

Why are we fantastic together?

What did we learn about each other this year?



What do you value most about our relationship?

DREAMS AND GOALS FOR THE COMING YEAR

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

HERS

Spiritual

HIS

HERS

Professional

HIS

HERS

Health & Fitness

HIS

HERS

Marriage

HIS

HERS

The 5 Love Languages ® by Gary Chapman is one of the bestselling books for marriages. In his book, Dr. Chapman defines those Love Languages as Words of Affirmation, Physical Touch, Gifts, Quality Time, and Acts of Service. Here are some ideas written by our team that might jumpstart you on the path toward speaking into your spouse's Love Language.

5lovelanguages.com/learn

Words of Affirmation

Choose one:

- Write a love letter
- Make a "10 Things I Appreciate About You" list
- Tell them something you love about them

Physical Touch

Choose one:

- Give them a hug
- Hold their hand
- Give them a back massage

Gifts

Choose one:

- Bring them their favorite coffee
- Surprise them with something just because
- Surprise them with lunch at work

Quality Time

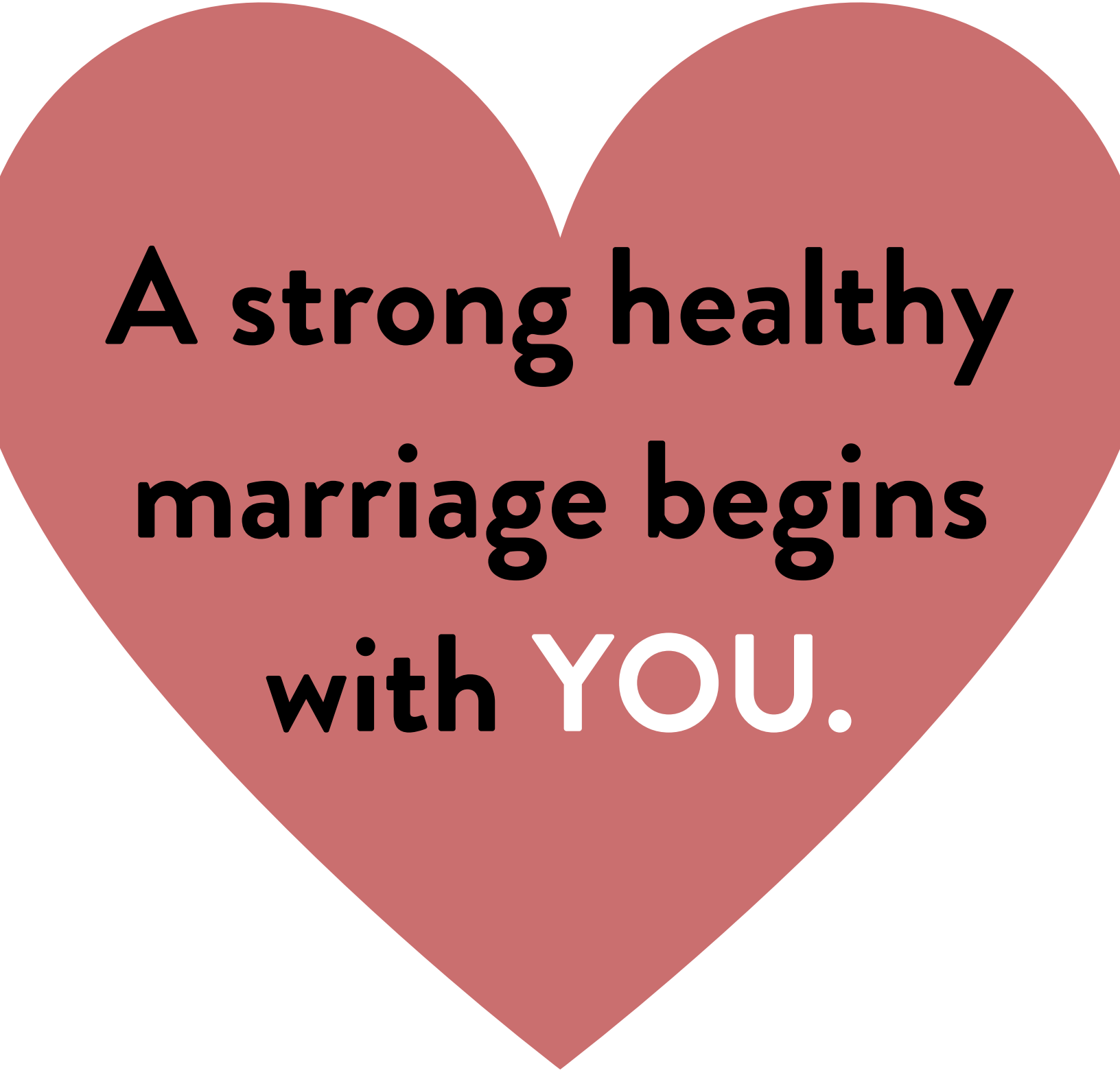
Choose one:

- Date Night
- Movie Night
- Go for a Walk

Acts of Service

Choose one:

- Mow the yard
- Empty the trash
- Go pick up groceries



**A strong healthy
marriage begins
with YOU.**