

Week Sixteen

Re-Orienting Priorities

Suggested Ways to Make Intended Priorities Into Actual Priorities:

1. Develop Parting Rituals-Hug, kiss, or tell your spouse you love them each day upon leaving.
2. Develop Reunion Rituals-Welcome your mate home in a special way each day.
3. Express Admiration and Appreciation-Tell your spouse what is special about them daily.
4. Express Affection-Touch, kiss and hold your mate every day.
5. Weekly Date Night-Spend two hours with your mate doing something you BOTH enjoy every week. The only rule is, no discussion of problems!
6. State of the Union Meeting-Schedule one hour weekly to iron out solvable problems.

Research shows that these can be accomplished in six hours every week. Consider this to be the best possible investment in your marriage relationship. The benefits will last a lifetime.

Next week: Competitors for intended priorities