

9 Areas for Planning Your Life

"Your Marriage"

Answer the Following Questions to Help Determine How Well You Foster a Good Married Relationship, and What You Can Do to Maintain and Improve Your Marriage

1. Do I spend enough quality time with my spouse on a regular basis to maintain and strengthen our bond?
2. What can I do to improve how much quality time I spend with my spouse?
3. List some activities that you can do with your spouse that will allow you to keep a close relationship and enjoy each other more.

4. Am I physically affectionate with my spouse on a regular basis (sexual and nonsexual)? Do I show affection to my spouse every day in some way?

5. What can I do to improve upon my physical relationship with my spouse?

6. What can I do to maintain excellence in my relationship with my spouse over the long term?