

MARRIAGE IN MOTION

ACTIVITY SHEET: Module 4, Lesson 1

“Rituals & Routine”

INSTRUCTIONS

Be sure to **download** this PDF (if you haven't already). Make sure you have a PDF reader on your computer or device (Adobe Reader is the best). The entire course is intended to get you to work. Feel free to pause the videos; take notes; talk about what you're thinking and learning... and do the exercises! And if you have ANY questions about the Activity Sheets, reach out to us at info@forbetter.us.

The routines and rituals you keep act as a compass. They signal the direction you are headed. A healthy relationship involves building a life together that is full of meaning for the two of you. Your marital legacy is made up of the rituals you keep, the stories you tell, and the culture you create in your unique family.

Marriage is a creative endeavor. You get to decide what you want, what you hope for, what you're aiming at, and what you work toward.

In Module Four, we encourage you to look beyond your past pains, and your present realities, and to create movement toward your future goals and dreams.

Lesson #1 introduces the power and role of ritual in creating a foundation for your future. You'll learn about the two most important rituals for you to create and protect. You'll also learn about how creating rituals can be an exercise in trust building.

Below is an opportunity to reminisce about the rituals you grew up with in your family of origin and build new rituals in your relationship and family.

As you think about rituals past, present, and future, here are some categories to reflect on:

Holidays, Bedtime, Gift Giving, Mealtime, Sunday, Birthdays, Summers, Cleaning, Vacations.

1. RITUALS - Conversation & Journal

CONVERSATION

Think back to your childhood. What special, unique rituals did your family keep? What meaning did they create for you? What feelings do you have thinking back to this time? Are they pleasant, or difficult memories?

Share with your spouse your memories and reflections on important past rituals.

JOURNAL

What rituals do you currently have in place in your family? How do they create a family culture? Are they adequate? How might you want to change, or add to them?

A DAILY RITUAL:

If you don't currently have a daily ritual between you and your spouse, what is one morning ritual and one evening ritual you can create that will help establish a connection at the beginning and end of each day? (Try something for a week, or for a month. If it works, keep it. If not, replace it.)

A NEW RITUAL:

Discuss the following with your partner:

1. What is a ritual you had growing up that you would like to practice, today?
2. Is there a ritual you used to have that dropped off, and you would like to bring back?
3. Think about an area in your relationship where you struggle. Can you introduce a ritual to disrupt, or even transform, the struggle? Is there a cleaning ritual, or a family vacation ritual, or a ritual before or after sex that may help create a new context for you both? If so, what steps do you need to take to make this ritual a part of your routine?