

MARRIAGE IN MOTION

ACTIVITY SHEET: Module 4, Lesson 4

“MARRIAGE in MOTION”

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.

This is the final activity sheet in the MARRIAGE in MOTION course. Our primary goal has been to get you moving toward a relationship that is **forBetter**.

If you haven't picked up on our motto yet, it's this... ***small, consistent relational wins lead to big change over time.***

If you've gone through the modules and done the work, no doubt you've experienced multiple small wins throughout the course. Our hope is that you have put into place impactful changes that will have a lasting impression.

This last lesson is about coming together as a couple and focusing your intentions for your relationship by creating two words that create meaning. You've heard a lot of words in the lesson that have creating meaning for Zach, Laura, Dr. Gottman and others:

Intentionality & Respect / Trust & Compassion / Humor & Forgiveness / Imagination & Hope.

Claim Your Words:

We want you to claim YOUR words. This is another way that you can create meaning for your relationship.

What Two Words will define your relationship?

Put them up on your fridge; make a wall decal; consider a tattoo (kidding). If you can't come up with just two right away, that's okay. Keep the conversation going. When you have two words that you both can claim, write them below:

1. _____.

2. _____.

Small Wins:

Reflect back over the last 16 lessons. What small wins have you experienced, either personally or as a couple, that has positively affected your relationship? It may help to pull out the activity sheets from your previous lessons to review the work you have put into bettering your relationship.

List your wins:

Mystery Date Night:

You have already had one mystery date night so far. This is a reminder to schedule your **second mystery date night** and switch who is planning and executing the date.

Pull your calendars out and schedule a date night to happen in the next two weeks. Remember, one person takes on sole responsibility for planning and executing the date night. This means that you hire childcare, make reservations, pay the bill, arrange transportation, even pack for your partner if your date involves a warm jacket, sunglasses, a hat, etc.

Be sure to maintain perfect secrecy as you plan your date. Remember that you are planning a mystery date FOR your partner, which means that you are selecting date activities that they would enjoy.

Mystery date nights are intended to be fun, novel, exciting and intimate.

Moving forward, make mystery date nights a ritual in your relationship that you can look forward to. Mark your calendars for one mystery date night a month.

Keep In Touch:

We hope...sincerely...that you can feel your MARRIAGE in MOTION,,, that you can feel the wind at your back. And we want to hear what was most helpful from the course. What you would like to have learned more about. What you're celebrating and what you're still working on. Please consider dropping Zach and I a line at info@forbetter.us and sharing your experience.

Remember, you have lifetime access to these videos and activity sheets. Review them anytime!