



SESSION 1

MESSAGE 1: CARING FOR THE SOUL OF YOUR MARRIAGE

- 1.** How would you rank the happiness of your marriage on a scale from 1 (lowest) to 5 (highest) and why?
- 2.** “Tiny changes create remarkable results.” What are a few tiny changes you would like to see in your marriage?
- 3.** What are the top 5 goals for your marriage? Have you put together a “system” to help you reach those goals? If not, what could you do to create a system for success?
- 4.** “Every great love story is a never-ending conversation.” How would you rank your communication with each other (rate between 1 and 5 with 5 being the highest)? Jim also mentioned that “communication is a learned trait.” What part of communication could you learn and improve on?
- 5.** “You are the keeper of your soul.” How can being a healthier person emotionally, spiritually and physically be an asset to your marriage?



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MESSAGE 2: WRITING YOUR OWN LOVE STORY

- 1.** Everyone has “marriage disasters.” Doug talked about control, coaching, criticism and contempt. Which of these negative traits do you need to work on the most?
- 2.** Doug also talked about “marriage masters”. Which of these are your biggest needs right now: anticipation, appreciation, affirmation? Which do you want to offer more often to your spouse?
- 3.** Take a few moments and give your spouse 5 words of affirmation and appreciation.
- 4.** What, if anything, holds you back from offering affirmation and appreciation on a more regular basis?
- 5.** What can you do to improve the “love story” of your relationship?