



SESSION 3

MESSAGE FIVE: WHAT BUSY HAS IN COMMON

- 1.** How would you rate the busyness factor in your life? Circle one (not busy, just about right, too busy, out-of-control busy)

- 2.** How has your busyness affected the quality of your relationship?

- 3.** What could you do as a couple to commit to creating healthier priorities? Doug talked about refresh, strengthen, heal and oxygenate. What would it take to lean into each of these areas?

- 4.** Is there anything you could do together to work on your relationship daily, weekly, annually?

- 5.** What are excuses you tend to use to not focus on each other?

What is your plan to attack these excuses?