

5 TOOLS FOR A THRIVING MARRIAGE



1. APPRECIATION & ACKNOWLEDGEMENT

Gratitude is the foundation of all goodness within a marriage. Sharing authentic appreciations with your mate on a DAILY basis creates those yummy feel goods that make a marriage thrive. Make it a ritual each night as you're settling in for bed or just after dinner (or whenever works) to each acknowledge 3-4 things that you appreciate about your partner and why. For example, "I really appreciate you going to work everyday. Your dedication makes me feel so safe. I loved dinner tonight, thank you so much for preparing that for us. I also want to acknowledge how well you handled the (fill in the blank). It's so comforting to know that you (fill in blank)."

2. SCHEDULE TIME THAT IS JUST FOR YOU TWO

Being intentional about the time you spend together does wonders for creating intimacy. It's so easy to let it slip by. You are living together after all. However, the types of connection that are required for a thriving marriage don't happen automatically. It takes awareness to make the conscious heart connection our bodies need to feel truly in partnership.

3. CREATE A CONFLICT RESOLUTION PLAN

When you find yourselves in the heat of the moment, it's sometimes too difficult to let go of being right, not take things personally, and get open, so making a plan of action when NOT in a moment of high stress will provide you with a safe way out of the conflict and back into connection with each other. You can find more tips [here](#).

4. MAKE & KEEP AGREEMENTS

Use mindfulness & body awareness to only enter into agreements that feel good and you know you can keep. Broken agreements are the quickest way to disconnect with anyone, especially your partner. Talk openly about expectations. (There are a lot of hidden ones in there!) What we think are family norms are really just expectations that developed throughout our childhood. If your partner has an expectation or asks you to make an agreement that doesn't feel good, know that's a sign for further exploration. Only commit once you know you can keep it.

5. HOLD ON TO YOURSELF

A marriage will only thrive when two WHOLE individuals bring their fullest & truest self to the table. It's easy to slip into letting your partner, your roles, and your commitments define you. Schedule in ME time where you get to daydream, set personal goals & work on them, replenish your soul, and reconnect with YOU! It will make your time together that much more rich!