

Yes, You CAN Have a Better Marriage in Just Seven Days

Companion Worksheet to the article found at:

<https://TandemMarriage.com/post/seven>

DAY ONE - Practice Gratitude

1. _____ 2. _____ 3. _____

DAY TWO - Gratitude, Compliment

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

DAY THREE - Gratitude, Compliment, Listen

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

Make time to listen intently, without distractions, for 10 or more minutes.

DAY FOUR - Gratitude, Compliment, Listen, Fun Communication

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

Make time to listen intently, without distractions, for 10 or more minutes.

Something fun or interesting to talk about could be: _____.

DAY FIVE - Gratitude, Compliment, Listen, Fun Communication, Touch

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

Make time to listen intently, without distractions, for 10 or more minutes.

Something fun or interesting to talk about could be: _____.

Practice intentional meaningful touch a few times throughout the day.

DAY SIX - Gratitude, Compliment, Listen, Fun Communication, Touch, Serve

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

Make time to listen intently, without distractions, for 10 or more minutes.

Something fun or interesting to talk about could be: _____.

Practice intentional meaningful touch a few times throughout the day.

I will lovingly and sacrificially serve my spouse today by: _____.

DAY SEVEN - Gratitude, Compliment, Listen, Fun Communication, Touch, Serve, Apologize

1. _____ 2. _____ 3. _____

Compliment my spouse on: _____

Make time to listen intently, without distractions, for 10 or more minutes.

Something fun or interesting to talk about could be: _____.

Practice intentional meaningful touch a few times throughout the day.

I will lovingly and sacrificially serve my spouse today by: _____.

In realization of my own shortcomings, I will apologize for: _____.

How did it go? Are there any ways in which your relationship is better today than it was at the start of the week? Are you ready to repeat all of this for a second week? Even if your spouse is pleasantly surprised by your positive behavior?

PRO TIP FOR USE ON A HANDHELD DEVICE

Once you are previewing the file on your screen, copy all text above (tap and hold, then select all) and paste the text into the Notes app on an iPhone or Android phone (or another app of your choosing).