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	2	
12	3	
DAY TWO - Gratitude, Complin	nent	
• • • • • • • • • • • • • • • • • • •	3	
Compliment my spouse on:		
DAY THREE - Gratitude, Compli	ment, Listen	
1 2	3	
Compliment my spouse on:	hant districtions for 10 annual re-	tanta.
Make time to listen intentiy, wit	hout distractions, for 10 or more m	inutes.
DAY FOUR - Gratitude, Compli	ment, Listen, Fun Communication	
	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:	
	ent, Listen, Fun Communication, T	
1 2	3	
Compliment my spouse on:	haut diateactions for 10 or many m	inutos
	hout distractions, for 10 or more m	
	talk about could be: touch a few times throughout the o	
Tractice intentional meaningful	touch a few times throughout the t	iay.
DAY SIX - Gratitude, Complime	nt, Listen, Fun Communication, To	uch. Serve
•	3	
Compliment my spouse on:		
Make time to listen intently, wit	hout distractions, for 10 or more m	inutes.
	talk about could be:	
Practice intentional meaningful touch a few times throughout the day.		
I will lovingly and sacrificially s	erve my spouse today by:	·
DAY SEVENI CONTINUE CONTINUE	and I'dea E. Connecticutive Te	al Carra Arribat
1 - Gratitude, Compilin	nent, Listen, Fun Communication, Tou	cn, Serve, Apologize
Compliment my spouse on:	·· 3·	
Make time to listen intently wit	hout distractions for 10 or more m	
1 2 3		
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).