



Newsletter October 2022

Pick 1-2 things below. Do them with your spouse. Have fun. Repeat.



READ THIS

Blog: Busy = Something Is Usually Broken

Without a doubt, one of the top issues facing the majority of marriages is busyness. In this post, Doug Fields focuses on the importance of scheduling those things that matter most.

Link: <https://marriedpeople.org/busy-something-is-usually-broken/>



LISTEN TO THIS

Podcast: How to Curb Your Expectations

You don't need to set your expectations super high or way down low to have a healthy relationship. On this episode of the Small Things Often, you will discover why all you need is a "good enough" relationship.

Link: <https://open.spotify.com/episode/1M8serts6jVaRf2R35ljbm>



WATCH THIS

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Video: Scaring My Husband

Scare your spouse and PLEASE share it with us. Check on these Aussie vows that may just work internationally.

Link: <https://tinyurl.com/ye29bbaw>



TEXT THIS

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Text this to your spouse. Or write it on a sticky note and leave it somewhere for them to find it.

I bragged about you today.



ASK THIS

ASK THIS

Ask this question next time you have a moment to start a conversation.

Conversation Starter: Pickles, tuna fish, or ghost peppers. You must add one of these on every dish for the rest of your life. Which one do you choose?



DO THIS

DO THIS

Marriage in Action

Go old school and mail your spouse a card. Yes! They still make those.