



## Newsletter September 2022

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

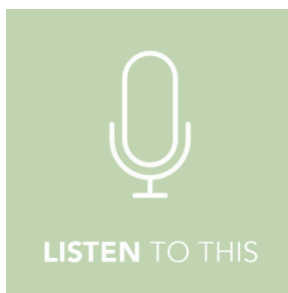


### READ THIS

#### **Blog: How To Improve Your Sex Life**

Researchers found that couples' satisfaction with their sex lives tended to have something to do with specific acts of love. Great news: these acts of love are all actions anyone can take to improve their relationship.

**Link:** <https://marriedpeople.org/how-to-improve-your-sex-life/>

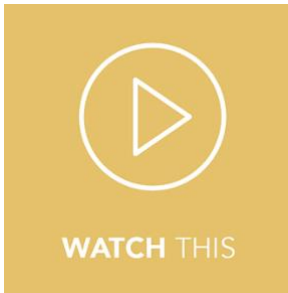


### LISTEN TO THIS

#### **Podcast: Worth Repeating: Hard Conversations**

Do you avoid or argue over hard conversations? On the Awesome Marriage podcast, Dr. Kimberling, marriage expert, helps us to learn some ways to help those hard conversations go well.

**Link:** <https://awesomemarriage.com/podcast-episodes/worth-repeating-hard-conversations-you-have-to-have-them>



### **WATCH THIS**

#### **Video: I Do**

Check on these Aussie vows that may just work internationally.

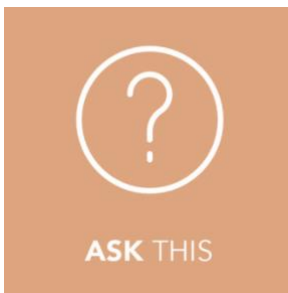
Link: <https://tinyurl.com/mvzbby6n>



### **TEXT THIS**

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

I just texted to say "I love you."



### **ASK THIS**

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

**Conversation Starter:** What would you consider a perfect day?



### **DO THIS**

#### **Marriage in Action**

Write down 5 things you love about your spouse and read it first thing in the morning for a week.