



Newsletter November 2022

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



READ THIS

Blog: Choose Gratitude in Every Season of Marriage

Fight getting lost in life's daily routine by actively choosing to express gratitude for your spouse

Link: <https://marriedpeople.org/choose-gratitude-in-every-season-of-marriage/>



LISTEN TO THIS

Podcast: Ask for What You Want

Asking for what you want may be one of the greatest gifts you can give your partner. Find out how to ask and why it is so important for a successful relationship.

Link:

<https://open.spotify.com/episode/3vc2pwMwscBZyCL2917UDs>



WATCH THIS

WATCH THIS

Video: What Date Nights Look Like When You Are Married

Date nights may look like this when you are married, but you still need to have them.

Link: <https://tinyurl.com/mr3jw88y>



TEXT THIS

TEXT THIS

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

I'm so thankful that you _____.



ASK THIS

ASK THIS

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

Conversation Starter: What would be the absolute worst name that you could give your child?



DO THIS

DO THIS

Marriage in Action

Play your spouse's favorite song at a typically stressful time of the day. Don't say or do anything, but watch their response.