



Newsletter March 2023

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



READ THIS

Blog: How to Get Fred Out of Your Head

How you think about yourself radically impacts who you are and your marriage. But it is possible to get Fred out of your head!

Link: <https://tedlowe.com/throwing-fred-overboard/>

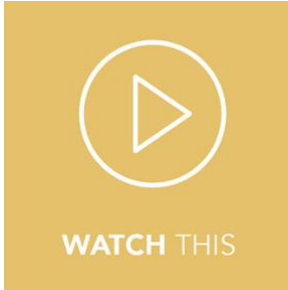


LISTEN TO THIS

Small Things Often: Letting Your Spouse Make Mistakes

What do you do when a small decision made by your spouse turns out to be a mistake? Learn how to be supportive - even when you disagree with their decision in the first place.

Link: tinyurl.com/mr3xpjb9



WATCH THIS

Video: Burrito Slap Challenge

Now this is how married couples have fun on Saturday night.

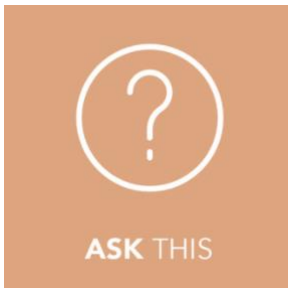
Link: <https://tinyurl.com/prj92yve>



TEXT THIS

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

If I haven't told you lately, you are always my favorite person.



ASK THIS

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

Conversation Starter: What is the weirdest thing you are afraid of?



DO THIS

Marriage in Action: Learn, List.

This week, look out for the things you love about your spouse, then list them in a document on your computer, phone, or notebook. Looking for the good is powerful, because research shows we find what we are looking for.