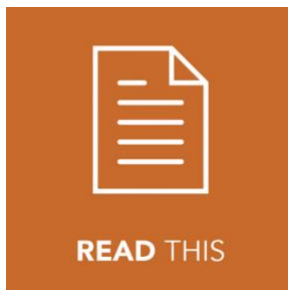




Newsletter July 2023

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

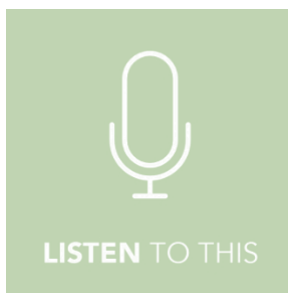


READ THIS

Blog: "Truth in Relationships" Quiz

Why is it that some marriages die while others thrive? I'm convinced that the reason is really quite simple. Relationships die along the *"path of protection,"* while thriving relationships flourish along the *"path of growth."* Take a quick quiz to find the path you are on.

Link: <https://marriedpeople.org/truth-in-relationships-quiz/>

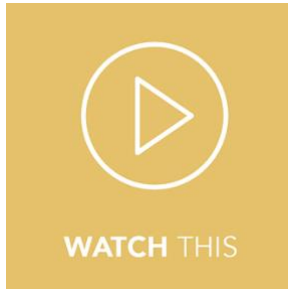


LISTEN TO THIS

Is Kindness in Marriage Really That Big Of A Deal? – More Than Roommates

We all want to be kind in marriage, but for some reason, it can be so challenging to show kindness to our spouse! In this episode, the hosts discuss some of the reasons why we struggle to be kind to our spouse and ways we can be kinder to each other.

Link: <https://podtail.com/en/podcast/more-than-roommates/episode-17-is-kindness-in-marriage-really-that-big/>



WATCH THIS

May the Best Spouse Win

This couple is constantly having a battle in their home...a fun battle.

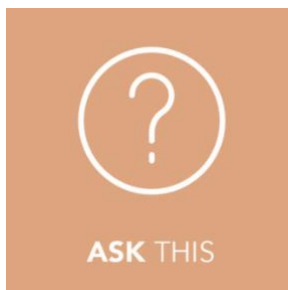
Link: <https://www.tiktok.com/t/ZTREADfEP/>



TEXT THIS

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

I really love that we have _____ in our lives.



ASK THIS

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

Conversation Starter: Would you rather live 100 years in the past or 100 years in the future?



DO THIS

Marriage in Action: Surprise Sticky Note

Share some love on a post-it note. Stick in a place they will find it when you are not around.