

## My Daily Marriage Action Plan

Commit to setting aside ten minutes each night or first thing in the morning to complete this daily marriage action plan. Being *intentional* about what you want to get out of your marriage each day will give you focus, clarity, inspiration, and motivation to keep moving forward in your marriage and life. Don't rush through these questions. Take the time to reflect on where you're at in your marriage and where you want to be, whether one month from now, one year, or five years. And then enjoy the process of discovery!

1. This is how I am feeling about my marriage right now:
2. This is the kind of attitude or mindset I choose to have today:
3. In order to have this kind of attitude or mindset, I must
4. The kind of person I choose to be today is
5. If I need support, I can ask/seek out support from
6. Three actions I can take today that may enhance or improve my marriage (whether I see the results this day or in the future) are
7. The main obstacles I may come across today that would get in the way of completing these action steps are
8. Therefore, this is the plan I need to put in place to overcome these potential obstacles:
9. Three things I am grateful about my husband or our marriage is