



30 DAYS TO A BETTER MARRIAGE

by Linda Bjork

Introduction

Welcome!

Let's talk about marriage.

News flash - marriage takes work. I've had friends who are on their second or third marriage tell me that if they'd worked as hard on their first marriage and they are working on their current marriage they would still be married to their first spouse. After a couple attempts they realize that a perfect marriage is not about finding a perfect person; it's more like two imperfect people who refuse to give up on each other. Marriage can be wonderful; it can also be less than wonderful. Whatever the current state of your marriage, it can become better. There's always room for improvement.

Can every marriage be saved? No. Marriage is a voluntary binding agreement between two people and either party may willfully cause its demise.

Should every marriage be saved? No. There are reasons, such as abuse, where the healthier alternative is a clean break and a fresh start.

However, the overwhelming majority of marriages can and should be saved, cherished and nurtured. This is even more important if there are children involved. Healthy marriages lead to healthy lives, healthy families, and a healthy community. Marriage matters. Everybody knows that a marriage can deteriorate, but not everybody knows that a marriage can also be rejuvenated. Just because things are not currently fabulous, does not mean that it doesn't have the potential to become fabulous. Following the principles and activities in this course can change your life and the lives of those you care about. In just 30 days you'll gain a greater understanding and clarity about yourself, your expectations, your spouse and your marriage. You'll see noticeable differences in the way you feel. There will be greater peace, more contentment and more hope. You will gain magnificent momentum towards creating a joyful and fulfilling relationship.

The power of *you*

You may have noticed that this course is not titled, "How to fix your husband/wife in 30 days." It is titled, "30 Days to a Better Marriage" and you will be working on the person that you have the power to influence - yourself. You may be thinking, "Oh, but I'm not the problem, he/she is," and you will be partly right. All relationships have two participants and they each contribute to the level of success of that relationship. However, it's not time to worry about him/her; it's time to recognize and exercise *your* power and influence. Your attitudes, thoughts, words, and actions have tremendous influence in

your relationship. By following this course, you will be empowered to use your influence to improve your marriage.

What should you tell your husband/wife about this course? Just tell him or her that you are taking a course to improve yourself so that you can have a better marriage and ask him or her to be patient for a couple weeks before visible results begin to manifest.

Okay, enough about your spouse, let's talk about you. Congratulations! You have made an empowering decision that can change your life and increase your happiness! Expect to see beautiful changes within the next 30 days and feel the joy and satisfaction that those improvements took place because of you!

Commitment, intention, and what to expect

Each day for the next four weeks will include a simple morning routine, a daily task, a daily act of kindness, and an evening routine. The steps are simple, but effective. However, they will only work if you actually do them.

Please commit with me to work on improving your marriage for the next 30 days and to follow the steps as outlined.

I, _____, commit to follow the outlined steps for the next 30 days to improve my marriage.

Thank you. Commitment is the initial step. The next step is our intention. My intention is to provide a method to help you improve your marriage, but my intention is not sufficient. It needs to be coupled with your intention.

Please say and accept the following intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Excellent. Now we're ready to begin

Turn to the expert for answers

You are the expert on your marriage. Nobody understands the strengths and weakness of your relationship like you do. You know what works and you know what drives you crazy. The answers to your challenges are actually already inside of you and I'm going to help you find them through a series of small consistent steps that will help alleviate tension and realign the focus of your attention to allow the answers to begin to flow through you.

General instructions

Each day for the next four weeks will include simple actions organized into a morning routine, daily action steps, and evening routine. These are designed to be short and easy enough to reasonably fit into a regular schedule.

- Morning routine (to be completed sometime before noon) which consists of three simple steps that can be completed in about 15 minutes.
- Daily action steps (to be completed anytime during the day) which consists of three simple steps that can be completed in about 30 minutes.
- Evening routine (to be completed sometime before midnight) which consists of four simple steps that can be completed in about 15 minutes.

The following page is a tracking sheet to record your progress.

30 Days to a Better Marriage tracking sheet

	Affirmations	"I am" poster - 2 min	10 min self care/accomplishment	Simple act of kindness	Daily task	Intention	Affirmations	"I am" poster	Gratitude	Successes
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
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27										
28										
29										
30										

I AM



Instructions for Day 1:

Morning routine (complete before noon)

- 1) Positive affirmations - repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included on page 7 in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on one or more of the following prompts:
 - I feel angry because...
 - I feel hurt because...
 - I feel disappointed because...
 - I feel taken for granted because...

List everything you can think of that he/she did or does that triggers you to feel angry, hurt, disappointed or taken for granted. Just put the pen to paper and write whatever comes to your mind. When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have a fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match.

* Should I tell my husband/wife about all the things I wrote about him/her? No. The purpose of this exercise is to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it.

*Should I share what I wrote with my friends? Absolutely not! This is not an exercise to gather ammunition to seek validation that your spouse is a jerk. Please remember the intention of this exercise is to let go, heal and create joy.

- 3) Intention - After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Why we're doing this exercise

Energy is neither created nor destroyed, but it can be transferred or exchanged. The body records and retains all of our experiences and the emotions attached to them. They remain a part of us and continue to accumulate and build, unless we successfully transfer the energy to someone else or something else.

Imagine an over-inflated balloon; you can see the strain on the surface and know that it will explode at the slightest provocation. However, if some of the pressure is released from the balloon, it becomes much more pliable and resilient.

Likewise, if we're over-inflated with negative emotions, we can feel the strain and pressure and we might lash out at the slightest provocation. However, if some of the emotional pressure is released, we become more pliable and resilient. We can better handle whatever situation we're in.

Sometimes people who are filled with negative emotions try to ease their personal burden by yelling, criticizing, belittling, etc. An example might be when someone's boss yells at them at work so they go home and yell at their spouse who in turn yells at their child who in turn goes out and kicks the dog. It does help ease the pressure of the one doing the yelling, but it merely transfers the pain to the people around them. This isn't a healthy, healing response.

By writing these experiences and associated feelings we can transfer the negative energy from our mind, to the paper, to the energy of the fire. It helps reduce the pressure of trying to hold in all those negative emotions without hurting another person in the process. It also has the added benefit of separating the experience from the emotion. The memories remain, but the painful associated emotions can dissipate.

Another analogy

You may be wondering why bring it up at all? Wouldn't it be better just to leave the past in the past? That is an excellent question, and the answer is "it depends." It depends on the intent of bringing it up. If the intent is to live in the past and drag up old offences to fuel anger, blame, and resentment, then it would indeed be better just to leave the past in the past.

However, if the intent is to heal then this is an incredibly powerful and beneficial tool. Your experiences and the emotions attached to those experiences are recorded in your body. They do not dissipate over time. They remain forever, until you acknowledge them and release them in some way. Contrary to the old saying, "Time heals all wounds," it's more accurate to say, "Time buries all wounds." We may not be consciously aware of them, but they're still there.

Wounds buried beneath the surface are like a sliver embedded in your finger. It may not be seen from the outside, but it creates a tender spot that hurts whenever you touch near it. It becomes a "trigger" which is something small that sets off a larger (usually disproportionate) response. A person may unintentionally touch a tender spot not even knowing that it's there, but the associated pain is tremendously real. Oftentimes people become angry and lash out in response to that pain even though they may be unaware of the source of the pain, they just know it hurts. If you have multiple slivers you can't

move without accidentally touching near one of the slivers and causing discomfort and pain, you become a ball of misery, where everything just hurts.

These hidden embedded wounds from the past won't heal properly just by leaving them alone. These metaphorical slivers will continue to irritate and cause swelling and infection until they are removed. It might be uncomfortable and even painful to dig and get it out, but after they are removed and the wounds cleaned, then they can heal properly and completely. The written release and burn is a way to dislodge emotional slivers so you can heal.

Writing helps the mind recall experiences that you may have buried so deeply that you've forgotten about them. It also brings up the emotions attached to those experiences, but at this point, you can choose to separate the emotion from the experience and let it go. Separating the emotion attached with an experience won't make you forget the experience, but you can then recall the experience without dragging along the emotional baggage with it. It is incredibly liberating.

Evening routine (complete before midnight)

- 1) Positive affirmations - repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 1	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel angry because... • I feel hurt because... • I feel disappointed because... • I feel taken for granted because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 2:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on one or more of the following prompts:
 - I feel angry because...
 - I feel hurt because...
 - I feel disappointed because...
 - I feel taken for granted because...

List everything you can think of that he/she did or does that triggers you to feel angry, hurt, disappointed or taken for granted. Just put the pen to paper and write whatever comes to your mind. When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have an indoor fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match

For instructions on a written release and burn see pages 8-10. Remember not to share the items on your paper with your spouse. The purpose of this exercise is to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it. Please remember the intention of this exercise is to let go, heal and create joy.

- 3) Intention - After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 2	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel angry because... • I feel hurt because... • I feel disappointed because... • I feel taken for granted because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

Lined writing area with 22 horizontal lines.

30 Days to a Better Marriage

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Day 2

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 3:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to release pent up negative feelings through a verbal release (VR).

Instructions on how to do a verbal release (VR).

A verbal release (VR) is a not unlike a virtual reality exercise. It has multiple steps and is a little like talking to an imaginary friend. The person is **not** actually in the room with you. You are by yourself. You will do three verbal releases, one with your spouse, one with your higher power and one with yourself.

A verbal release is your chance to say the rest of what you're feeling. You don't hold anything back. You put it all on the table. Allow yourself to feel all your feelings. Allow yourself to say all the things you really want to say. You can yell and swear and cry, just get it all out. You will be addressing your husband/wife's "higher self" and imagine him or her in your mind, but you're actually speaking to a pillow, chair, tree, steering wheel, etc. You address their higher self as you imagine them in your mind while you speak. A person's higher self can handle you yelling at them and telling them how you feel, but if you did that to the actual person nothing good would come of it. Once again, do not do this while your spouse is in the same room/house. Wait and find a place where you can be alone. Just the like the written release, this is a solo exercise.

A verbal release has a few key components. First you address the person's higher self; second, you dump and let them have it; and third, you say you're sorry and ask for forgiveness.

The third step, saying sorry and asking for forgiveness, is crucial. This exercise will not bring closure or healing if you leave out that part, instead it can build anger and resentment.

"But it's not my fault, I didn't do anything wrong, it was all him/her," you might be tempted to say. It doesn't matter, it will not work if you leave out that part. If you can only say, "I'm sorry, please forgive me for feeling that way," it will be enough, but you must apologize or it will not bring any healing or closure.

After you have that three part verbal release (VR) with the person's higher self, you're not done yet. You need to have another VR with your higher power and finally have one with yourself.

How do these help? We often blame God (or our higher power) for our situations, acknowledging that aspect brings greater peace and shortens healing. We also need to forgive ourselves; this is a literal way to apply that. It is an important step.

- 3) Intention - After completing these three verbal releases (with spouse, higher power, and self) reaffirm your intention by saying,

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish

the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

*Do you share what you said in your verbal release (VR) with your spouse or your friends? No. A verbal release is another tool to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it. Please remember the intention of this exercise is to heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 3	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Verbal release (VR) – 3 parts: 1) address person's "higher self," 2) tell it like it is, 3) apology (I'm sorry for ____, please forgive me). Remember this is a solo activity. Do NOT do this with spouse physically present. <ul style="list-style-type: none"> • To husband/wife "higher self" • To "higher power" • To self 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 3

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 4:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the emotions below) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous,

overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have an indoor fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match. Make sure the fire is completely extinguished.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 4	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 5:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the emotions below) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have an indoor fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Remember not to share the items on your paper with your spouse. The purpose of this exercise is to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it. Please remember the intention of this exercise is to let go, heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 5	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

- 1 _____
- 2 _____

Successes – list 2 successes (large or small) you had today

- 1 _____
- 2 _____

Instructions for Day 6:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to release pent up negative feelings through a verbal release (VR).

Review the instructions from day 3 if you need a reminder on how to do this, especially review the essential part of saying sorry and asking for forgiveness. Remember that this is a solo exercise, do not do this while your spouse is in the same room/house. Wait and find a place where you can be alone and do not share what comes up with your spouse or your friends. Get it out and let it go.

- 3) After completing these three verbal releases (with spouse, higher power, and self) reaffirm your intention by saying,

“I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.”

Please remember the intention of this exercise is to heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 6	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Verbal release (VR) – 3 parts: 1) address person's "higher self," 2) tell it like it is, 3) apology (I'm sorry for____, please forgive me). Remember this is a solo activity. Do NOT do this with spouse physically present. <ul style="list-style-type: none"> • To husband/wife "higher self" • To "higher power" • To self 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 6

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 7:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I give myself permission to feel my feelings.
 - I give myself permission to let go of hurt, anger, disappointment, and unmet expectations.
 - I give myself permission to forgive.
 - I give myself permission to love my husband/wife and to be loved by my husband/wife.
 - I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, read, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: None.
- 3) Reaffirm your intention by saying,

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 7	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I give myself permission to feel my feelings. • I give myself permission to let go of hurt, anger, disappointment, and unmet expectations. • I give myself permission to forgive. • I give myself permission to love my husband/wife and to be loved by my husband/wife. • I give myself permission to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 7

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 8:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the following emotions) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

30 Days to a Better Marriage

List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have an indoor fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match. Make sure the fire is completely extinguished.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 8	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love my husband/wife and to be loved by my husband/wife. • I choose to appreciate my husband/wife and to feel appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 8

Daily task: Today's task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on one or more of the following prompts:

I feel (choose one or more of the following emotions) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

List everything you can think of that he/she did or does that triggers you. Just put the pen to paper and write whatever comes to your mind. When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have a fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match.

30 Days to a Better Marriage

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 9:

Morning routine (complete before noon)

- 1) 2 minutes - positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the following emotions) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

When you're done, rip these sheets out of the book and either burn them (preferred) or tear them into tiny pieces and throw them away. If you don't have an indoor fireplace, one suggested method is to place the crumpled pieces of paper into an empty coffee can (or other large metal can) and place the can outside on the porch and toss in a lit match. Make sure the fire is completely extinguished.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Remember not to share the items on your paper with your spouse. The purpose of this exercise is to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it. Please remember the intention of this exercise is to let go, heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 9	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 10:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to release pent up negative feelings through a verbal release (VR).

Remember that this is a solo exercise, don’t share it with your spouse or your friends, and make sure to include the component of saying sorry and asking for forgiveness.

After completing these three verbal releases (with spouse, higher power, and self) reaffirm your intention by saying,

“I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.”

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had that day.

Day 10	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Verbal release (VR) – 3 parts: 1) address person's "higher self," 2) tell it like it is, 3) apology (I'm sorry for____, please forgive me). Remember this is a solo activity. Do NOT do this with spouse physically present. <ul style="list-style-type: none"> • To husband/wife "higher self" • To "higher power" • To self 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 10

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 11:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the following emotions) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

30 Days to a Better Marriage

List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 11	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

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After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 12:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is release pent up negative feelings through a written release and burn (WRB). Spend at least 10 minutes writing on the following prompt:

I feel (choose one or more of the following emotions) because...

Abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried

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List everything you can think of. Just put the pen to paper and write whatever comes to your mind.

- 3) After burning or tearing your written release, please reaffirm your intention by repeating

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Remember not to share the items on your paper with your spouse. The purpose of this exercise is to relieve your burden without transferring the negative energy to another person. Telling him/her will grow the negative energy rather than dissipating it. Please remember the intention of this exercise is to let go, heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you're grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 12	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Written release and burn (WRB) - spend at least 10 minutes writing on one of the following prompts: <ul style="list-style-type: none"> • I feel [abandoned, angry, ashamed, betrayed, bitter, blaming, confused, disappointed, discouraged, frustrated, hatred, helpless, hopeless, humiliated, hurt, jealous, overwhelmed, peeved, rejected, resentful, sad, taken for granted, unappreciated, unsupported, vulnerable or worried] because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

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After burning or tearing your written release, please reaffirm your intention by saying aloud:

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 13:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to release pent up negative feelings through a verbal release (VR).

Review the instructions from day 3 if you need a reminder on how to do this, especially review the essential part of saying sorry and asking for forgiveness. Remember that this is a solo exercise, do not do this while your spouse is in the same room/house. Wait and find a place where you can be alone and do not share what comes up with your spouse or your friends. Get it out and let it go.

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- 3) After completing these three verbal releases (with spouse, higher power, and self) reaffirm your intention by saying,

I choose to release and let go of these negative feelings and memories.

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Please remember the intention of this exercise is to heal and create joy.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 13	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Verbal release (VR) – 3 parts: 1) address person's "higher self," 2) tell it like it is, 3) apology (I'm sorry for ____, please forgive me). Remember this is a solo activity. Do NOT do this with spouse physically present. <ul style="list-style-type: none"> • To husband/wife "higher self" • To "higher power" • To self 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 13

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 14:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I choose to acknowledge my feelings.
 - I choose to let go of hurt, anger, disappointment, and unmet expectations.
 - I choose to forgive.
 - I choose to love and appreciate my husband/wife.
 - I choose to feel loved and appreciated by my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, read, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention (eye contact) when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, say ‘I love you,’ etc.
- 2) Daily task: None.
- 3) Reaffirm intention - My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you’re grateful for.
- 4) Write 2 successes (big or small) that you had today.

Day 14	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I choose to acknowledge my feelings. • I choose to let go of hurt, anger, disappointment, and unmet expectations. • I choose to forgive. • I choose to love and appreciate my husband/wife. • I choose to feel loved and appreciated by my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	

Day 14

Gratitude – list 2 things you are grateful for

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 15:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts:
 - My expectations of a marriage relationship are...
 - My expectations of a spouse are...
 - (If you have children) My expectations of a father/mother are...
 - I learned these expectations from...
 - I have unmet expectations because...

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise

and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 15	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My expectations of a marriage relationship are... • My expectations of a spouse are... • (If you have children) My expectations of a father/mother are... • I learned these expectations from... • I have unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

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After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 16:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your expectations.

Write for at least 10 minutes on one of the following prompts:

- My expectations of a marriage relationship are...
- My expectations of a spouse are...
- (If you have children) My expectations of a father/mother are...
- I learned these expectations from...
- I have unmet expectations because...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 16	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal jot/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My expectations of a marriage relationship are... • My expectations of a spouse are... • (If you have children) My expectations of a father/mother are... • I learned these expectations from... • I have unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 17:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your expectations.

Write for at least 10 minutes on one of the following prompts:

- My expectations of a marriage relationship are...
- My expectations of a spouse are...
- (If you have children) My expectations of a father/mother are...
- I learned these expectations from...
- I have unmet expectations because...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 3) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 4) Write 2 things that you like/are grateful for about your husband/wife.
- 5) Write 2 successes (big or small) that you had today.

Day 17	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My expectations of a marriage relationship are... • My expectations of a spouse are... • (If you have children) My expectations of a father/mother are... • I learned these expectations from... • I have unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

Lined writing area consisting of 25 horizontal lines for notes.

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After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 18:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your spouse’s expectations.

Write for at least 10 minutes on one of the following prompts:

- My husband/wife’s expectations of a marriage relationship are...
- My husband/wife’s expectations of a spouse are...
- (If you have children) My husband/wife’s expectations of a father/mother are...
- He/she learned these expectations from...
- He/she has unmet expectations because...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise and increase your awareness that there may be more than one right way to do things.

3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 18	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My husband/wife's expectations of a marriage relationship are... • My husband/wife's expectations of a spouse are... • (If you have children) My husband/wife's expectations of a father/mother are... • He/she learned these expectations from... • He/she has unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 19:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your spouse’s expectations.

Write for at least 10 minutes on one of the following prompts:

- My husband/wife’s expectations of a marriage relationship are...
- My husband/wife’s expectations of a spouse are...
- (If you have children) My husband/wife’s expectations of a father/mother are...
- He/she learned these expectations from...
- He/she has unmet expectations because...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 19	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My husband/wife's expectations of a marriage relationship are... • My husband/wife's expectations of a spouse are... • (If you have children) My husband/wife's expectations of a father/mother are... • He/she learned these expectations from... • He/she has unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 20:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your expectations.
Write for at least 10 minutes on one of the following prompts:

- My husband/wife’s expectations of a marriage relationship are...
- My husband/wife’s expectations of a spouse are...
- (If you have children) My husband/wife’s expectations of a father/mother are...
- He/she learned these expectations from...
- He/she has unmet expectations because...

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise

and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 20	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My husband/wife's expectations of a marriage relationship are... • My husband/wife's expectations of a spouse are... • (If you have children) My husband/wife's expectations of a father/mother are... • He/she learned these expectations from... • He/she has unmet expectations because... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 21:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - I am worthy and deserving of being loved, valued and appreciated.
 - My husband/wife is worthy and deserving of being loved, valued and appreciated.
 - I choose to see the positive in myself.
 - I choose to see the positive in my husband/wife.
 - I choose to create a loving, mutually satisfying relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily actions steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: None.
- 3) Reaffirm intention - My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had that day.

Day 21

Gratitude – list 2 things that you are grateful for about your husband/wife

- 1 _____
- 2 _____

Successes – list 2 successes (large or small) you had today

- 1 _____
- 2 _____

Day 21	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • My husband/wife is worthy and deserving of being loved, valued and appreciated. • I choose to see the positive in myself. • I choose to see the positive in my husband/wife. • I choose to create a loving, mutually satisfying relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 22:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.

- 2) Daily task: Today’s task is gain clarification on your expectations.

Write for at least 10 minutes on one of the following prompts:

- I feel loved when
- I show love by ...

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 22	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • I feel loved when • I show love by ... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 23:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is gain clarification on your spouse’s expectations. Write for at least 10 minutes on one of the following prompts:

- My husband/wife feels loved when
- My husband/wife shows love by ...

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise and increase your awareness that there may be more than one right way to do things.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 23	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is gain clarification on your expectations. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • My husband/wife feels loved when • My husband/wife shows love by ... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 24:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to revive positive memories.
Write for at least 10 minutes on the following prompt:
 - What made me fall in love with my husband/wife?
 - What qualities about my husband/wife attracted me to him/her?

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.

- 3) After completing the writing assignment please reaffirm your intention:

30 Days to a Better Marriage

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 24	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is to revive positive memories. Write for at least 10 minutes on the following prompt: What made me fall in love with my husband/wife? What qualities about my husband/wife attracted me to him/her?	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 25:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I love, value and appreciate my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to revive positive memories.
Write for at least 10 minutes on the following prompt:

Record at least 5 positive memories about your relationship with your spouse. Write everything you can think of. Just put the pen to paper and write whatever comes to your mind.
- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish

the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 25	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is revive positive memories. Write for at least 10 minutes on the following prompt: Record at least 5 positive memories about your relationship with your spouse. Write everything you can think of. Just put the pen to paper and write whatever comes to your mind.	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 26:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I love, value and appreciate my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is look for the positive.
Write a list of 100 things that you love/appreciate about your husband/wife. It can be character traits, memories, acts of service, anything positive from the past or present that comes to mind.
- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 26	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is look for the positive. Write a list of 100 things that you love/appreciate about your husband/wife. It can be character traits, memories, acts of service, anything positive from the past or present that comes to mind.	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Day 26

Daily task: Today's task is look for the positive.

Write a list of 100 things that you like/love/appreciate about your husband/wife. It can include physical appearance, personality, character traits, memories, acts of service, anything positive from the past or present that comes to mind.

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30 Days to a Better Marriage

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30 Days to a Better Marriage

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After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 27:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to begin planning for the future. Write for at least 10 minutes on one of the following prompts:
 - What I would like our relationship to be like in 5 years...
 - What I would like our relationship to be like in 10 years...
 - What I would like our relationship to be like in 15 years...
 - What I would like our relationship to be like in 20 years...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.

3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 27	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is to create a ideal plan for the future. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • What I would like our relationship to be like in 5 years... • What I would like our relationship to be like in 10 years... • What I would like our relationship to be like in 15 years... • What I would like our relationship to be like in 20 years... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 28:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily tasks (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to begin planning for the future. Write for at least 10 minutes on one of the following prompts:
 - What I would like our relationship to be like in 5 years...
 - What I would like our relationship to be like in 10 years...
 - What I would like our relationship to be like in 15 years...
 - What I would like our relationship to be like in 20 years...

30 Days to a Better Marriage

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.

- 3) After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the "I am" poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 28	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is to create a ideal plan for the future. Write for at least 10 minutes on one of the following prompts: <ul style="list-style-type: none"> • What I would like our relationship to be like in 5 years... • What I would like our relationship to be like in 10 years... • What I would like our relationship to be like in 15 years... • What I would like our relationship to be like in 20 years... 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

Instructions for Day 29:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to create more interest and excitement in your relationship. Write for at least 10 minutes on the following prompt:

What can I do to spark more passion, romance, and excitement into our marriage?

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.
- 3) After completing the writing assignment please reaffirm your intention:

30 Days to a Better Marriage

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had today.

Day 29	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/ accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
4) Daily task: Today's task is to create more interest and excitement in your relationship. Write for at least 10 minutes on the following prompt: <ul style="list-style-type: none"> • What can I do to spark more passion, romance, and excitement into our marriage? 	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

30 Days to a Better Marriage

After completing the writing assignment please reaffirm your intention:

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.

Gratitude – list 2 things that you are grateful for about your husband/wife

1 _____

2 _____

Successes – list 2 successes (large or small) you had today

1 _____

2 _____

Instructions for Day 30:

Morning routine (complete before noon)

- 1) Positive affirmations, repeat each one three times.
 - Ideas flow to me how to show love and appreciation to my husband/wife.
 - Ideas flow to me how to improve my relationship with my husband/wife.
 - I feel loved, valued and appreciated by my husband/wife.
 - I am grateful for my relationship with my husband/wife.
 - I rejoice in my relationship with my husband/wife.
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Spend 10 minutes doing something that brings you joy or a sense of accomplishment. Examples: self-care, dance, sing, go for a walk, exercise, tidy up any area of the house, car, or office.

Daily action steps (complete any time during the day)

- 1) Perform one small act of kindness for your husband/wife. Examples: smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say ‘I love you,’ etc.
- 2) Daily task: Today’s task is to create a plan for the future. Write for at least 10 minutes on the following prompt:
 - What can I do to continue building the positive momentum toward creating a joyful and fulfilling relationship?

Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.

- 3) After completing the writing assignment please reaffirm your intention:

30 Days to a Better Marriage

My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in my marriage and to repair and diminish the negative aspects of my marriage. My intention is to heal my relationships and create joy in my marriage.

Evening routine (complete before midnight)

- 1) Positive affirmations, repeat each one three times. (Same as morning)
- 2) Spend 2 minutes looking and pondering at the “I am” poster included in this course.
- 3) Write 2 things that you like/are grateful for about your husband/wife.
- 4) Write 2 successes (big or small) that you had that day.

Day 30	Completed
Morning routine – complete before noon	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
10 minutes personal joy/accomplishment (i.e. self-care, dance, sing, go for a walk, exercise, read, tidy up any area of the house, car, or office.	
Daily tasks – complete any time during the day	
Small act of kindness towards husband/wife (i.e. smile when you see him/her, give him/her a compliment, say thank you, write a kind note, make the bed, prepare breakfast, lunch or dinner, send a positive text message, do a small chore that he/she usually does, give a single flower or treat, pay attention when they talk to you, notice something positive that he/she did, use a kind tone of voice when speaking to him/her, spend 5 minutes listening about his or her day, physical affection, plan a date, say 'I love you,' etc.	
Daily task: Today's task is to create a plan for the future. Write for at least 10 minutes on the following prompt: What can I do to continue building the positive momentum toward creating a joyful and fulfilling relationship? Write everything you can think of. Just put the pen to paper and write whatever comes to your mind. Take note of any insights you receive as you do this exercise.	
Reaffirm intention: My intention is to have a happy, successful, loving, mutually fulfilling marriage. My intention is to grow the positive aspects in our marriage and to repair and diminish the negative aspects of our marriage. My intention is to heal our relationship and create joy in our marriage.	
Evening routine – complete before midnight	
Positive affirmations (3 times each) <ul style="list-style-type: none"> • Ideas flow to me how to show love and appreciation to my husband/wife. • Ideas flow to me how to improve my relationship with my husband/wife. • I feel loved, valued and appreciated by my husband/wife. • I am grateful for my relationship with my husband/wife. • I rejoice in my relationship with my husband/wife. 	
"I am" poster (2 minutes)	
Write 2 things you like/are grateful for about your husband/wife	
Write 2 success (big or small) that you had today	

