Marriage_Intentional_List:

You can utilize this list to help you become more intentional in your marriage.
You can also use this as an assessment. After a 120 days come back to the list and see how intentional you have been.

Nurturing Intimacy

- tlad a "date night" twice or more per month to focus on one another without the children
- Wrote a note, gave a flower, or some other tangible expression of love at least twice per month
- Called during the day, sat down to chat, took walks together, or some other time of focused, non-task driven communication at least three times per week
- Prayed with my spouse at least twice per week
- Demonstrated meaningful touch and/or verbal affirmation at least once per day
- Spent time with spouse reading/discussing scripture (Devotional) at least once per week

Avoiding Dangers

- Took steps to reduce risk to my marriage in vulnerable areas (bad temper office relationships, demeaning language, etc.) by maintaining boundaries, increasing accountability, etc.
- Took care of myself physically and emotionally to be the best lifelong partner I can be
- Appropriately handled conflicts with my souse before going to bed that nigh



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