9 Steps to Strengthen your Marriage

By Cynthia Honomichl
Why be resilient as a couple?
Communication

• Ask questions
• Don’t make spouse guess
• Men and women communicate differently
Support each other

- Involve everyone in decisions
- Take their side
- Listen to advice
Be creative

10 ideas, add more if needed
Physical intimacy

- Make it a priority!
  - Reduces stress
  - Bonds couples
  - Fountain of youth
  - Strengthens the immune system
  - Builds confidence
Date

• Planned in advance
• No kids (unless very young)
• Something different
• Netflix and Chill is not a date!
Independence

• Self Care
• You can’t be interdependent until you are interdependent
Plan ahead
Life happens – Be prepared
Understand your goals

- Joint list of 100 goals
  - Personal
  - Professional
  - Financial
  - Vacations
  - Grandkids
Serve your spouse

• What is meaningful?
  • Love languages
  • Big or small
  • Surprises