

Making Our Dreams Come True

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Do you remember when you were a kid, and you had the biggest dreams for your future? They brought life and excitement into your little heart.

It is easy to lose excitement for our lives when we grow up and the pace of life picks up. You might feel like you're living for the weekend right now, struggling to feel excitement about your marriage and future. So, how do you get your joy and motivation back?

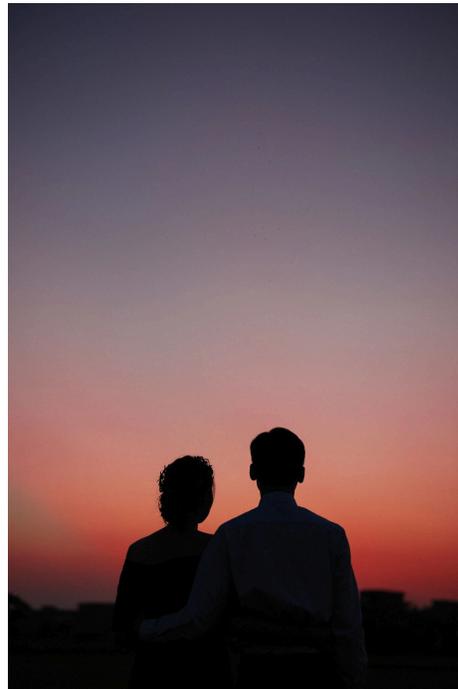
Dreaming.

That isn't referring to when you are asleep, but aspirations, goals, plans, and desires. They can give you extra purpose and bring a certain depth of closeness and connection with your spouse.

Recently, my husband and I sat down and put together a bucket list and our dreams and goals for the next 2, 5, and 10 years, that list continues to grow every day. My husband has always been a big dreamer, that is one of his strengths that I love. I had to learn to dream again, and that was quite the process, but it has already added so much joy to my life. Dreaming together as a couple has helped us to be much more on the same page than ever before. It has really affected our marriage in a positive way, and I am amazed that knowing and supporting each other's dreams has deepened our relationship.

Dreaming and working toward those dreams together can be really powerful. Here are just a few of the benefits of dreaming together as a couple:

- Strengthens your commitment to each other and add more hope and excitement for your future together.
- Nurtures your partnership and strengthens your unity and teamwork.
- Helps you live more intentionally because you understand what is really important to both of you and as you work towards achieving those dreams.
- Creates intimacy as you see a glimpse of your spouse's deepest thoughts and feelings.
- Inspires romance. When couples dream about their future together, they fall more in love. (That has definitely happened for me and my husband)
- Reawakens passion. Remembering what you can accomplish together brings energy and excitement.
- Strengthens the foundation of friendship that is key to any relationship.



Consider these helpful tips on how to dream together:

- Become the dream team- talk in depth about your dreams together and be on each other's team to work towards them together.
- Make sure your dreams line up with your values you both have.
- Support each other and your dreams- no matter how big or small those dreams are.
- Go deeply about why you have your dreams, so you understand why they are so important to both of you.

- Write them down- and put them on your fridge or mirror so you see them often.

Need help thinking of questions to start dreaming?**Here are some ideas:**

- What are your dreams, and what are the stories behind them?
- What would you like your life to look like in 2, 5, and 10 years from now?
- List 10 things on your bucket list (dreams, goals, hopes).
- Where do you want to travel?
- What do you want to accomplish?
- What problem do you want to solve?
- What do you want your kids to say about you at your 50th anniversary party?
- What do you want written on your tombstone?
- Who do you want to serve/bless?

Talk about your responses to those questions with your sweetheart, support each other, and start to make plans on how you can make each other's dreams come true.