

CHEATSHEET

Weekly Touch Base

1

What made you grateful for your spouse this week? Share those heartwarming moments and examples where you experienced a genuine sense of gratitude.

2

How did you show appreciation to your spouse this week?

3

Ask your spouse: "How can I make your week better? Anything specific you'd like a hand with, or is there something I could do that would lighten your load?"

4

Did you carve out intentional, uninterrupted time to chat with your spouse for at least 10 minutes each day this week?

5

How did you take care of yourself this week? Whether it was something fun, relaxing, or recharging, what was your self-care moment?

6

Is there anything I need to apologize for or ask for forgiveness regarding something I have said or done that may have hurt or offended you this week?

7

As a husband, did you feel respected and desired by your wife this week? Explain your answer.

8

As a wife, did you feel cherished and loved by your husband this week? Explain your answer.

9

Discuss with your spouse: "What or who do we need to say 'yes' or 'no' to, to keep our marriage a top priority and ensure it feels safe this upcoming week?"

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