## CHEATSHEET Weekly Touch Base

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

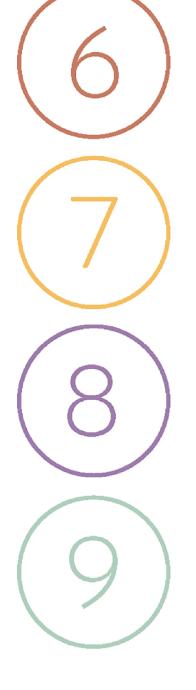
How did you show appreciation to your spouse this week?

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?"

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

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

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?



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

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

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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