



FINDING YOUR RHYTHM IN MARRIAGE

AT-HOME WORKSHEET

ON YOUR OWN:

Step One: In the rhythm chart below, list some things under each rhythm you or your spouse currently do that supports your marriage.

Step Two: List at least one thing under each rhythm that you could start doing. (IMPORTANT: Focus on the things that will support your marriage. You can come back later and list things that support you individually.)

WITH YOUR SPOUSE:

Step Three: Schedule a time to chat with your spouse.

- Choose a time where you can chat without being interrupted (as much as is possible).
- Limit distractions. (Turn off all media and put your phones in another room.)
- Pick a comfortable place.
- Bring the rhythms chart and a few pens in various colors.

Step Four: Explain and define each rhythm, and add things to your categories as you talk.

Step Five: Come up with a plan. Which rhythm will you focus on together over the next week? What specifically will you do?

Step Six: Schedule a time to review how things went this week.

Rest - slows us down, examines our hearts, allows us to get quiet, and inspires gratitude

Restore - offers food for fuel, play and adventure, and strengthens bodies for physical health

Connect - forges friendships, vulnerability, forgiveness and hospitality

Create - helps us dream, recover our purpose, and cultivate lifelong learning