

# END OF YEAR MARRIAGE CHECKLIST

## HOW ARE YOU DOING IN THE 5 MARRIAGE STRESS POINTS?

### COMMUNICATION

1. On a scale of 1-10, how would you rate the level of communication in our marriage?
2. What one thing could each of us change to improve communication with each other?
3. Which of these 5 marriage stress points do you feel we are *strongest* and *weakest* about communicating with each other?
4. What is my spouses' primary love language, (words of affirmation, acts of service, receiving gifts, quality time, physical touch) and how can I do a better job of communicating it?

### FINANCES

1. On a scale of 1-10, how would you rate how we manage the finances in our marriage/home?
2. Do our levels of spending, saving, and giving reflect who we desire to be, or do they make us feel guilty/concerned for who we have chosen to become?
3. What specific financial areas do we need to focus on most in the coming year? (debt reduction, generosity, investing into our family, etc.)

### PARENTING

1. On a scale of 1-10, how successful would you say we are being in our parenting?
2. What specific things do we need to focus on this coming year to help our children grow in needed areas?
3. Are we practicing grace-based parenting by being heart nurturers more than just rule enforcers?
4. In what specific areas do we need to get on the same page in order to be more effective and successful in our parenting? (rules, expectations, discipline, spiritual matters, etc.)

### IN-LAWS

1. On a scale of 1-10, how well would you rate how we deal with each others' in-laws in our marriage?
2. What is something we can do better/differently that will help us better understand each other and each others' families? (better communicate, pray, listen, not be defensive, be more longsuffering, etc.)
3. What is one practical step that each of us could take to become closer to our in-laws?

### SEX

1. On a scale of 1-10, how well would you rate the sex life in our marriage?
2. What is one or two practical action steps each of us can take to make our sex life better in the coming year? (If you can't think of one, I'm sure your spouse can think of one for you.)
3. How can our times of intimacy become a better reflection of the intimate love God designed and desires for us to have in our marriage? (How can we take sex beyond just the physical act?)