

Making Marriages Work Ideas to Promote Staying Connected

1. Reunite at the end of the day and talk about how it went
2. Shop for groceries. Make up the list.
3. Cook dinner, bake.
4. Clean house, do laundry.
5. Shop together for gifts or clothes.
6. Go out (no kids) for brunch, dinner, to your favorite restaurant.
7. Help each other with a self-improvement plan – be careful with this one!
8. Plan and host a dinner party.
9. Call or text each other during the day.
10. Eat breakfast together during the week before the day starts.
11. Go to church together.
12. Have a daily devotional and prayer time.
13. Exercise together.
14. Schedule a dinner out with another couple.
15. Talk or read by an open fire.
16. Listen to music.
17. Attend a concert, theater, or play.
18. Go dancing.
19. Plan your future together – dream.
20. Help out a neighbor.
21. Run errands together on the weekend.
22. Serve at church.
23. Find time to just talk without interruptions.
24. Play a board game or cards.
25. Walk the dog.
26. Clean up the yard.

All activities are intended to be done willingly and together!

All questions taken from *The Seven Principles for Making Marriage Work* by John Gottman, PhD.