

Fifty-plus Ways to Improve Your Marriage

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In order to build a better marriage we need to be pro-active.

Here are some priceless suggestions for you to act on immediately to make your marriage great.

1. Say “I love you” every day.
2. Speak your truth in a respectful way.
3. Ask for what you want or need.
4. Share your feelings often.
5. Seek help with unresolved conflict.
6. Compliment your spouse daily.

7. Change yourself instead of trying to change your spouse.
8. Look your best, dress up and be well groomed.
9. Lower your expectations.
10. Learn to enjoy each other's company.
11. Support each other's individual goals.
12. Create goals together and plan for good times. .
13. Do some community service work together.
14. Eat as many meals together as possible.
15. Eat meals slowly and really listen when the other speaks.
16. Never criticise the cooking.
17. Be the first person to pick up the

dishes from the table.

18. Serve yourself last.

19. Always give away the extra cookie or piece of cake.

20. Touch your spouse several times a day.

21. Kiss every day — don't rush it.

22. Apologize and state how your behaviour will change.

23. Forgive without counting the number of times.

24. Spend time away from each other.

25. Be trustworthy and scrupulously honest.

26. Remove the television or computer from your bedroom.

27. Make love often — take your time.

28. Don't take each other for granted.

29. Give each other space.
30. Offer to help with daily chores — better yet, just do it!
31. Say ‘please’ and ‘thank you’ no matter how big or small the act.
32. Share in each other’s interests.
33. Pray and worship God together.
34. Check in with each other while apart by ’phone or text messages.
35. Clean the other’s car.
36. Watch some television or a DVD together — switch off the ’phone.
37. Talk (this includes listening) to each other for 30 minutes a day.
38. Smile often and gaze into each other’s eyes.

39. Schedule 'date nights' regularly.
40. Cuddle often.
41. Surprise each other.
42. Spend at least 3 weekends alone together each year.
43. Plan and stick to your budget together.
44. Always discuss major purchases before making them.
45. Laugh together often.
46. Never threaten each other.
47. Go for a walk together — hold hands.
48. Respect each other.
49. Keep yourselves pure for each other — leave lusting & pornography alone.
50. Remind each other often that you're a team.

