

THE SIZZLING HOT **MARRIAGE** TO DO LIST

What Happy Couples Do Every Day



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Some individuals don't have any point of reference for what demonstrates a healthy functioning marital relationship. Many of us come from some pretty twisted backgrounds. But we all deserve to live in a happy home and enjoy a happy marriage. Here are some practices that happy couples live by. Put these in play and you are sure to be happy too.

Don't settle for anything less than a *Sizzling Hot Marriage*.

- 01 Give a warm greeting each morning.
- 02 Discuss your plans for the day.
- 03 Be sure to communicate with your body language (eye contact) that you are in love with your spouse especially when you are talking.
- 04 Be spontaneously affectionate and receive your spouse's affection with tenderness. Be sure to love your spouse in their love language daily. (Time, Tokens, Touch, Tasks, Talk)



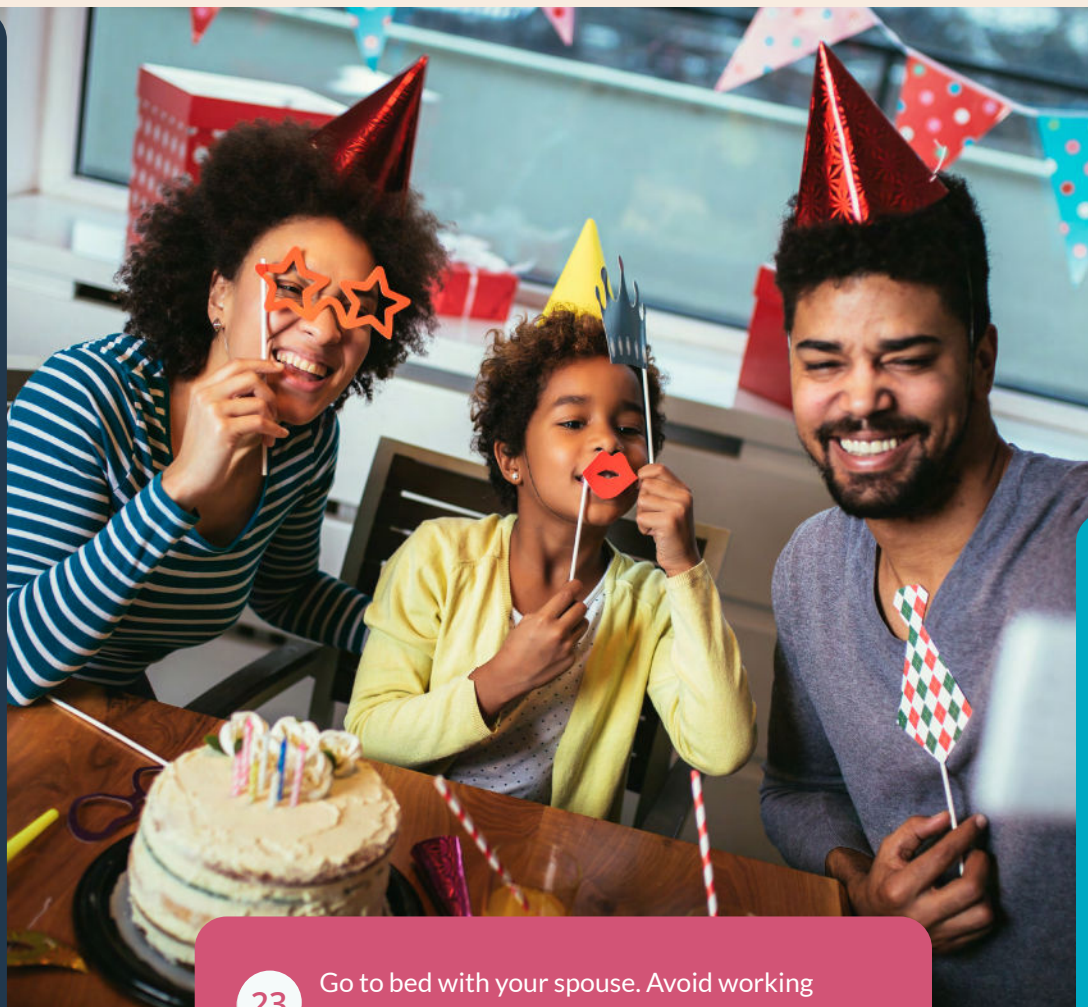
- 05 Share household responsibilities like getting breakfast and the kids off to school.
- 06 Give a warm embrace and kiss upon leaving the house and when returning. Always let your spouse know when you leave and where you are going.
- 07 Make a list of what your spouse is expecting you to do that day for him/her or the household.
- 08 Contact your spouse during the day through call, voice mail, sticky note, email, text, instant message just to say hi and "I Love You!"



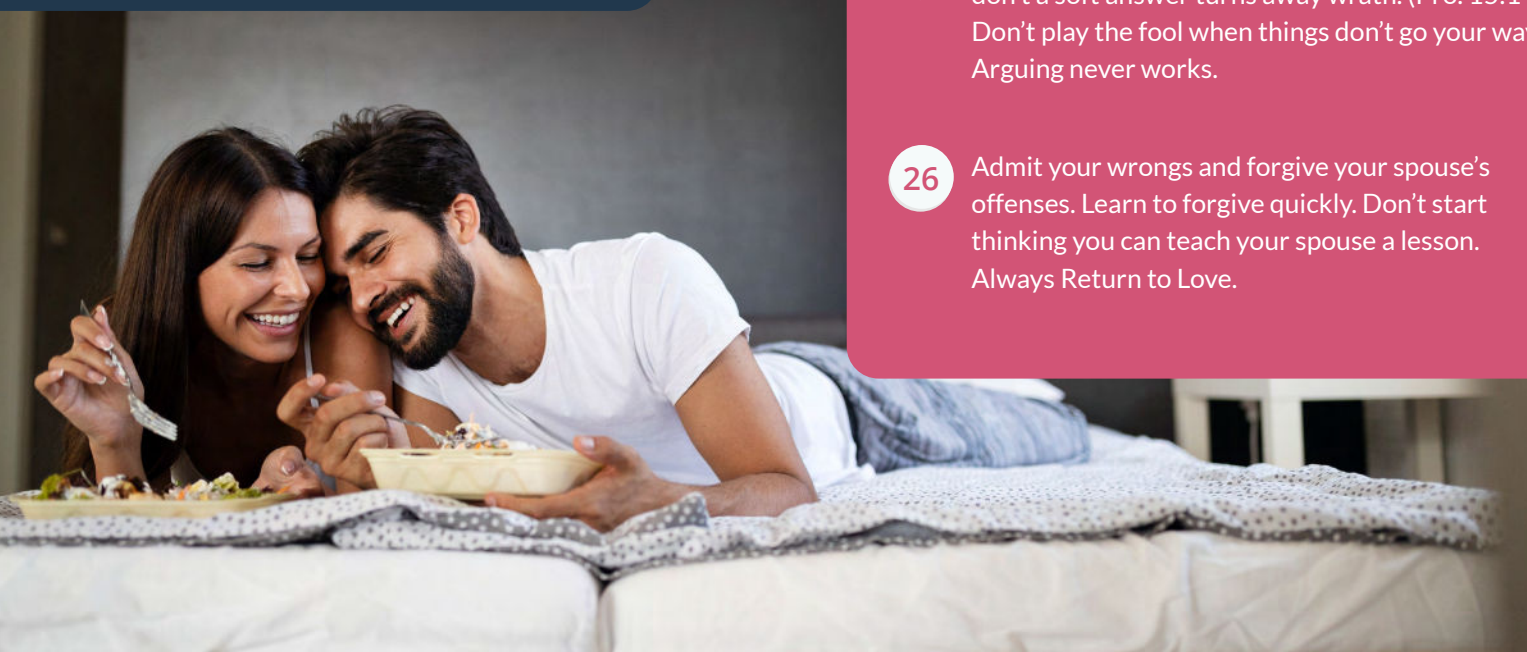
- 09 Be careful to avoid getting too personal with the opposite sex during the day - keep it business. Remember you are probably more than half the reason why you are not getting what you need in your marriage.
- 10 Plan to spend an hour talking to your spouse each day - one on one and face to face. Find topics you both share interest in. Remember healthy couples get 14 hours of undivided attention in each week.
- 11 Make sure your spouse feels like the problems he/she presents to you are a priority for you - seek ways to find agreement and win-win outcomes. Don't avoid conflict. Problems are apparently God's plan for us down here. SO DEAL WITH IT!
- 12 Keep an updated list of shared chores and responsibilities for everyone in the household. Be sure to identify effective rewards and punishments for doing and not doing the list.

- 15 Make sex a priority by planning to have sex at an agreed day and time each week. Sex at other times during the week are wonderful opportunities as well to express love and renew your commitment. Take turns initiating sex and making sex fulfilling for each of you.
- 16 Be sure to study and research spiritual themes together. Get on the same spiritual page. Weekly church/synagogue attendance is highly recommended. Don't allow people, life's disappointments or laziness to get in the way of your relationship with God. Don't get stuck within yourself.

- 17 Find leisure family activities you can do each month together.
- 18 Plan an annual family vacation as well as an annual couple vacation. Don't miss family reunions.
- 19 Be sure to develop close friendships with other couples who will lead you up not down. Be careful to not allow others outside the home (including extended family, school and work) disrupt the harmony and time together in the home.
- 20 Exercise together at least once a week. Walking is the very best exercise.
- 21 Plan a healthy diet and set health goals together. Avoid the use of toxic substances and sources of entertainment. Protect your mental health. A mind is a terrible thing to waste.
- 22 Be willing to make compromises for your spouse. Always be on your "A" game. Don't be a lazy lover.



- 23 Go to bed with your spouse. Avoid working different shifts. The money isn't worth it.
- 24 Review your day with your spouse. Just listen instead of trying to solve their problems.
- 25 Always speak lovingly to your spouse. Even if they don't a soft answer turns away wrath. (Pro. 15:1-2) Don't play the fool when things don't go your way! Arguing never works.
- 26 Admit your wrongs and forgive your spouse's offenses. Learn to forgive quickly. Don't start thinking you can teach your spouse a lesson. Always Return to Love.



- 27 Identify personal and interpersonal deficits and seek professional help to address those issues. Rely on additional resources to get through the complex issues families face from time to time. Don't accept mediocrity.
- 28 Have a fulfilling life outside the home ensuring that you maintain a healthy relationship with everyone in the home. Be sure you support the interests of each family member.
- 29 Seek out growth opportunities like therapy, retreats, reading books and seminars. Take advantage of opportunities to make lasting memories.
- 30 Did I say always forgive your mate and Return to Love. (Yes get my Sizzle Mindset book at SizzleMindset.com!) And don't forget that sometimes love must be tough. Don't let go unless God tells you so.

Try not to get overwhelmed by this long list. Choose one or two items to work on at a time. If you have difficulty being able to do the things on this list you may have some unresolved issues.

Go to www.LifestyleTherapyCoach.com to get more information about developing a Sizzle Mindset for a Sizzling Hot Marriage.



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