

Strengthening My Marriage Plan

*“Dreams take their first step towards reality
when you write them down.”*

1. Describe in detail the type of marriage you would be happy and satisfied with.
2. Ghandi said, *“Be the change you want to see in the world”*. To form and sustain a healthy marriage you will need to *“Be the change you want to see in your marriage”*. What are the specific relationships skills you need to develop to form and sustain a healthy marriage?
3. What other specific changes do you need to make to form and sustain a healthy marriage?
4. What obstacles may prevent you from forming and sustaining a healthy marriage?
5. What will you do to overcome those obstacles?

You can't follow a plan you don't remember. Review your plan on a weekly basis. Ask yourself what is working and what isn't. Be flexible and modify your plan as needed to overcome the obstacles that you will encounter.

Your signature on this contract represents your commitment to persist in fulfilling your part in strengthening your marriage.

Signature

Date

Please consider making a contribution to the National Healthy Marriage Institute LLC for the amount you felt this form has helped you. 100% of your contribution will be used to develop, improve, and distribute products and services to help more children, women and men access the positive social outcomes associated with healthy marriages. Contributions can be made at www.healthymarriage.org

Copyright 2006 The National Healthy Marriage Institute LLC. Non-commercial reproduction is allowed.