

# Marriage Meeting



Before this meeting, make sure that you and your spouse take The 5 Love Languages Quiz. This book helped my husband and me open up about our needs in our relationship. We actually read the book before we got married and I truly believe it has helped us to communicate more effectively!

Next, set up a routine that makes sense for you and your spouse. Is it better to meet in the mornings, the evenings, weekly, monthly, at home, at a restaurant, etc. This should be catered to what makes sense for you all. Yet, be open to make changes as needed.

Date:

Time:

Current Mood:

Agenda:

- What went well this week/month?
- What I feel we need to work on going forward is...
- Is your love tank full? If yes, tell your spouse what they specifically did to keep it full. If it is not, tell your spouse what is lacking.
- My action steps after having this meeting include:

Notes

