

The Marriage Routine Checklist

Marriage Routines Checklist	
Background	Routine marriage maintenance is necessary as a couple transitions out of the “honeymoon phase” and the newness begins to fade. If we don’t intentionally find routines and schedule things into our daily, weekly, and yearly lives, we miss out on what it takes to keep the spark and adventure alive.
Objective	Use this resource to help your marriage thrive across the various seasons of marriage and in the busyness of it all.
Directions	<p>Make sure to include these items in your daily, weekly, and/or monthly routines. Keep this list handy on a fridge, mirror, bedside table, or integrate it into your phone calendars!</p> <p>Don’t be critical, just keep making adjustments to improve your communication and relationships as you go. This will be especially helpful as more life transitions take place!</p>

Our Marriage Routines

Emotional	When will we talk about how we're feeling?
Physical	When will we get physical recreational time together?
Table	How often will we try to eat together?
Spiritual	How will we connect spiritually?
Nighttime	When and how will we connect as we go to bed?
Morning	How will we start our day together, even if we wake up at different times?
Intimacy	When will we try to be intimate sexually?
Financial	When will we talk about our money?
Dreaming	When will we plan future vacations and fun activities/outings?

Date Night	When will we regularly have dates together (even if these are at home)?
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