

Military Marriage Day

WELLNESS GUIDE

01 I will not compare my marriage to others. My marriage is unique and in its own stage of life.

02 I will honor my partner by scheduling the "business" side of marriage.

03 In our marriage we value each other by communicating our needs.

04 We encourage clear communication by giving a value to where we are at.
"I am at 70%, I need _____."

05 List the priority of these 4 things in your life. Communicate why you selected them to your partner.

1. Relationships
2. Working out
3. To-do lists
4. Personal growth

