

# A Marriage in Motion

## MARRIAGE IN MOTION ▶ Module 4: An Epic Future

## 4.4

### MODULE 4, LESSON 4

## SUMMARY

This is the final activity sheet in the *MARRIAGE in MOTION* course. Our primary goal has been to get you moving toward a relationship that is **forBetter**.

If you haven't picked up on our proposition yet, it's this:

**Small, consistent relational wins lead to big change over time.**

If you've gone through the modules and done the work, no doubt you've experienced multiple small wins throughout the course. Our hope is that you have put into place impactful changes that will have a lasting impression.

This last lesson is about coming together as a couple and focusing your intentions for your relationship by creating two words that create meaning. You've heard a lot of words in the course that have created meaning for Laura, Zach, Dr. Gottman and others:

• **Intentionality & Respect** • **Imagination & Hope** • **Trust & Commitment** • **Humor & Forgiveness**

**Intentionality** — Don't let a mediocre marriage just happen to you. Create a marriage by your own design.

**Respect** — Show that you value the feelings and opinions of your partner, even when you disagree.

**Imagination** — If you can't imagine, you can't expect to move. Imagination opens you up to the possibility.

**Hope** — Opens you up to the idea that the best of possibilities is...possible.

**Trust** — Answers the question of "Will you be there for me?"

**Commitment** — Taking your partner with you wherever you go. Commitment is not a contract; it is governed by a sense of partnership on the journey.

**Humor** — A great way to keep levity in the relationship and a great tool for repair.

**Forgiveness** — A deliberate choice to accept and trust the person being forgiven.

# ACTIVITIES

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## 1 CLAIM YOUR WORDS

We want you to claim YOUR words. This is another way that you can create meaning for your relationship.

### What Two Words will define your relationship?

Put them up on your fridge; make a wall decal; consider a tattoo (kidding). If you can't come up with two right away, that's okay. Keep the conversation going. When you have two words that you both can claim, write them below:

**YOU**

1. \_\_\_\_\_

2. \_\_\_\_\_

**YOUR PARTNER**

1. \_\_\_\_\_

2. \_\_\_\_\_

## 2 SMALL WINS:

Reflect on your journey by reviewing the Takeaway section at the bottom of each lesson. List below some of the small wins you've experienced, either personally or as a couple, that will continue to positively affect your relationship going forward.

**YOU**

**YOUR PARTNER**

### 3 MYSTERY DATE NIGHT #2



You have already had one mystery date night so far. **This is a reminder to schedule your second mystery date night and switch who is planning and executing the date:**

Pull your calendars out and schedule a date night to happen in the next two weeks. Remember, one person takes on sole responsibility for planning and executing the date night. This means that you hire childcare, make reservations, pay the bill, arrange transportation, even pack for your partner if your date involves a warm jacket, sunglasses, a hat, etc.

Be sure to maintain perfect secrecy as you plan your date. Remember that you are planning a mystery date FOR your partner, which means that you are selecting date activities that they would enjoy.

Mystery date nights are intended to be fun, novel, exciting and intimate.

*Moving forward, make mystery date nights a ritual in your relationship that you can look forward to. Mark your calendars for one mystery date night a month.*

#### Keep In Touch

We hope — *sincerely* — that you can feel your MARRIAGE in MOTION. That you've gained insights and are building skills to move your marriage in the direction you desire and deserve. Please share your experience with us — a small win or a major breakthrough — at [info@forbetter.us](mailto:info@forbetter.us).

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