

Keep Your Marriage Sweet by Livin' the **S.W.E.E.T. Life!**

Serve and Support

- Inside the House and Out in the Community!
- Be cheerful about chores in the House. (Do chores as an Individual and as a Family Team)
- Serve in the Community as a Family Team.
- Model the Wife/Husband you want your son/daughter to be or have!
- Support each other's DREAMS and Passions! Dream TOGETHER!
- Support each other Professionally! Be interested in each other's jobs & affirm their hard work.
- Support your Spouse by praising him/her in front of the kids and others!

Write LOVE notes

- Surprise Notes of love and encouragement left in cars, mirrors, at work, etc mean so much!

Embrace your Differences

- *Embrace* don't try to *Erase* your differences!
- Know each other's Love Languages and then Speak Them!
- Attend Marriage Programs to learn how to "CELEBRATE YOUR DIFFERENCES!"
- Men really are from Mars and Women really are from Venus!

Discover your
"Love Languages" at
www.5lovelanguages.com
(by Gary Chapman)

Escape Together *(In both little and big ways!)*

- Schedule Date Nights and put them on the calendar REGULARLY.
(Don't let \$ be an issue. Just hang and watch a movie while snuggling at home)
- Turn OFF all technical devices during TOGETHER time! (Yes, including your phone.)
- Travel AWAY somewhere regularly! Just the 2 of you! Save, Plan, Go!

Time and Timing are EVERYTHING

- YES, the saying "Timing is everything!" even applies in marriage!
- Welcome each other home. Don't be on the phone!
- Kiss Good Morning and Good Night!
- Give each other a chance to unwind before sharing your daily struggles.
- Schedule time to talk and tackle BIG topics.
- Relationships need connection TIME together to grow and flourish!

* What's ONE action step/takeaway you can immediately work on to S.W.E.E.T.-EN your marriage right away?

For the SWEET-EST Results! IF you enter the S.W.E.E.T. approach as a one-way street, we predict it becomes a 2-way street soon!
Don't point that out to your spouse before it happens, just let it occur naturally and in its own time!

Take Part in our Parents Date Night Out Program. Every THIRD Saturday. FREE Dinner out with your Spouse. Cheap Childcare.
Talk Time together!

Trust is a must in relationships. If you struggle with lack of Trust or other deep issues in your marriage, PLEASE take advantage of a local marriage counselor!



Join us for Family Connection Nights every 2nd and 4th Saturday from 6-8pm.

www.thissideupfamily.org

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