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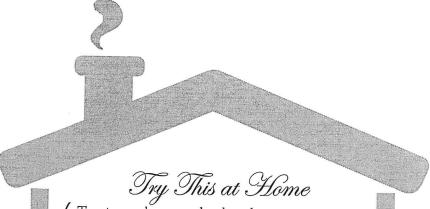
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Keeping a Journal — Optional Points to Ponder

(Use a notebook, or just mull over in your spare time.)

- How might society at large have influenced you to focus on everyone and everything except for your husband?
- What emotional baggage might you be carrying that makes you less motivated to make your husband your top priority?
- What resistance might you have to making your husband and your marriage your top priority?



✓ Try to make your husband your very top priority at least once each day.

- ✓ Do one secret act of kindness for your husband with no thoughts of "fairness." Do something he likely won't even know about or notice (like fluffing up his pillow, or dusting off his office chair).
- ✓ Jot down several things you appreciate about your husband. Expanding on this appreciation list over time will increase your joy in life.
- ✓ Jot down three blunders you have made as a wife and how you would like to improve in each area.