**Marriage Check-In**

It’s good to communicate regularly with our spouse. One helpful way to do that every week or so is by making time for a “Marriage Check-In”.

Here is one that we enjoy using:

1. Each spouse shares five things that they appreciate about each other.
2. Each spouse share three short term goals
3. Each shares three long term goals
4. Each shares any news of what is going on in their lives
5. Each asks questions, if any, about anything that they might want to know about what their spouse is doing (sometimes called ‘clearing up mysteries’.
6. Each can make a request for change; for something that they would like their spouse to change.

Other marriage check-ins are shorter, and ask the question, or similar “what do you need from me?”.