

Every Six Months or So

- Take a mini vacation
- Review spending/saving plan together
- Compare perspectives, dreams, hopes, and fears
- Agree to try something new

Once a Year

- Revise or create a Growth Plan
- Revise or create a financial plan
- Take a honeymoon trip
- Do something to symbolize your commitment—that you're in this marriage for the long haul
- Examine anger states—flush out and resolve any resentments
- Recall your courtship, wedding, and years together by creating or adding to a marital journal
- Reread old love letters and write a new one
- Attend a marriage class, work-shop or conference

Marital Growth

Marital Growth has long been a high value in Better Marriages. A relationship is growing, living and breathing. It needs ongoing attention and nurture to thrive.

"One of the great illusions of our time is that love is self-sustaining. It is not. Love must be fed and nurtured, constantly renewed. That demands ingenuity and consideration, but first and foremost, it demands time."

"In every marriage the two dynamic forces are love, which seeks to draw the couple together, and anger, which tends to drive them apart."

David Mace, co-founder of Better Marriages



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A Growth Plan for Couples



A Growth Plan Is...

A statement of intention, put into writing and signed, with specific areas a couple agrees to work on together

www.BetterMarriages.org

Suggested Activities and Time Frames for a Growth Plan

Every Day

- Dialogue at least 20 minutes
- Snuggle — a.m. and p.m.
- Hug, hold hands, give a back rub
- Save your partner a step
- Share information
- Compliment and thank your partner for something you appreciate
- Express your love verbally and non-verbally
- Share requests — express your wants and needs
- Let your partner be right
- Laugh, play and have fun together!

Once a Week

- Arrange to enjoy an unbroken block of time together (at least 2 hours of quality time)
 - Prepare breakfast together
 - Eat at a special restaurant or take a picnic to a park
 - Take a walk
 - Bathe or shower together
 - Enjoy an activity together
 - Attend a faith community of your choice
 - Leave a love note, text or call to say “I love you”
 - Share an intimate experience
- Take a break from technology - turn off your computer and cell phone
- Cuddle on the sofa and share a special snack - popcorn, hot chocolate, ice cream, wine. . .

Once a Month

- Spend a day alone together
- Spend a day alone by yourself
- Trade chores
- Share something sexual in a new and different way
- Give each other a gift
- Pamper your partner
- Take a trip
- Visit with friends — have your friends visit you
- Participate in volunteer work
- Make part of every birthday, anniversary, and holiday a celebration of your couplehood
- Participate in a Marriage Enrichment Group (MEG) or a Virtual MEG

For the Long-Haul

- Subscribe to our free e-newsletter
- Join Better Marriages for insider benefits
- Attend a Marriage Enrichment Group (MEG)
- Contact us for more information