



• COUPLE'S CONNECTION PLAN •

Together with purpose



National Marriage Week
STRENGTHENING MARRIAGES • EVERY FEB 7-14

“Together, you and your spouse decide what kind of story you want to tell with your years. Will it be a story of healing what was broken in previous chapters? Of building on the foundation others laid..or of pioneering new territory for the generations who will follow.”

Dionna Sanchez - National Marriage Week Managing Director



While much is said about handling conflict, nurturing romance, and strengthening intimacy, one of the most powerful yet overlooked aspects of marriage is purpose. A marriage with purpose goes beyond day-to-day life - it is about a higher commitment to walk side by side, building a life that is intentional, meaningful, and enduring.

Marriage isn't just another relationship - it is a sacred bond of trust, intimacy, and shared vision that surpasses all others. It's about dreaming together, serving together, and creating a life that leaves a legacy for generations to come.

It's a journey of becoming, together and for each other, building a love that grows stronger, deeper, and more purposeful with every step.

May this connection plan help you start those steps.



Sit down and talk about your vision for your marriage and your individual goals and purpose. Each of you write down three goals you'd love to see for your marriage/family. Share them and highlight at least one you can start moving toward this year.

his

1

2

3

hers

1

2

3



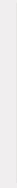


Each of you share one personal area of growth you can work on this year. Talk about how you can each support, nurture, and cheer on the other in the area they'd like to grow in.

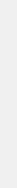
In Your Health



Self Esteem



Family Background



Emotionally

Spiritually

Any Unresolved Issues?

Did you know?

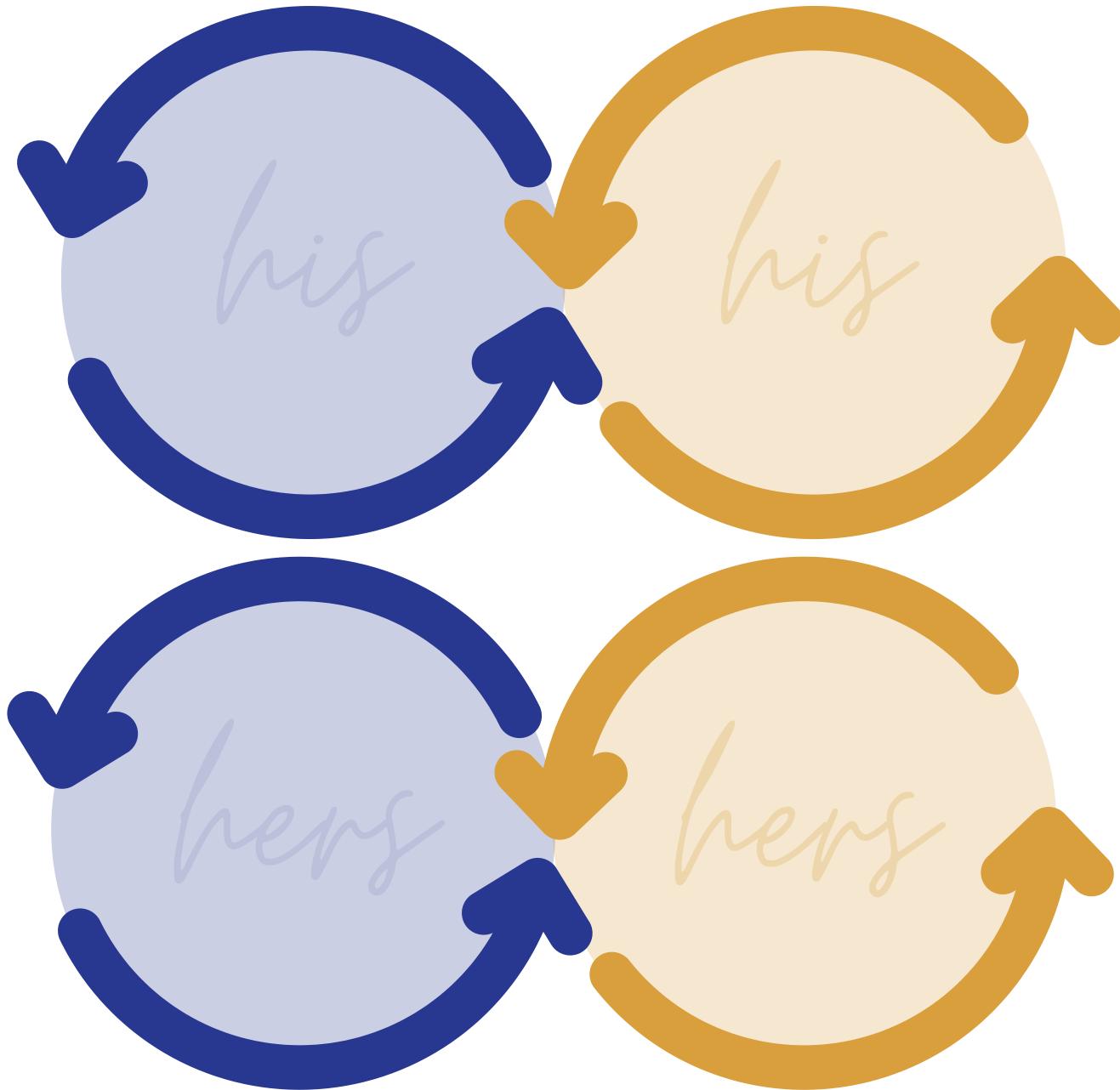
76% percent of people who write down their goals, actions and provide weekly progress to someone else successfully achieve their goals.

*Study done in 2020 by Dr. Gail Matthews at the Dominican University of California (<https://www.dominican.edu/sites/default/files/2020-02/gailmatthews-harvard-goals-researchsummary.pdf>)



Challenge

Name one personality difference between you and your spouse that sometimes frustrates you. Then flip it: share one way that very difference blesses your marriage. Make a decision together to be thankful for this difference in your marriage.



Challenge

Choose one rhythm or value that you and your spouse want to practice together (examples: eating dinner at the table, praying before bed, taking a Sunday walk). This can be something you take from your family of origin, or something new you create together!

his

hers





Start (or plan) one new tradition today—big or small. It could be a special way of addressing each other that makes the other feel loved, or a fun place where you leave each other loving post-it notes of encouragement. You get to create what works for YOU!



Traditions build moments to be intentional with one another in your marriage and home.

Here are some ideas for daily traditions:

Bring your spouse their favorite breakfast beverage each morning. Is it coffee? OJ?

Celebrate answered prayer together with a fun dance around the kitchen and sparkling cider.

Read one marriage book together each year.

Visit all your local parks together and keep a checklist as you navigate through each one.



Have a special "I love you" plate and make (or order your spouse's favorite takeout) on a day when they feel really discouraged and down.

Birthday mornings! Have a special birthday morning tradition to celebrate each other.

Have an "I love you" code for when you are out in the company of others. Is it a hand squeeze? Is it a wink?

Grab the blankets and watch thunderstorms together on the back porch.



Share with each other one faith or marriage value you want your kids, grandkids, or future generations to remember about your marriage. Brainstorm one step you can take this year to live it out more fully.

THEN - make a list of ideas where you can serve together outside of your marriage.

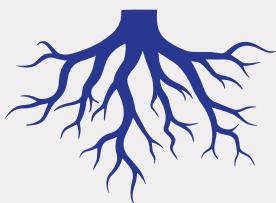


There are three key areas a couple can focus on when intentionally aligning their purposes and vision in marriage:

Grow, Create, Serve.

When couples grow, create, and serve together, they don't just build a marriage - they build a life filled with purpose, connection, and lasting joy.

GROW TOGETHER



Growing together is the foundation upon which everything else is built. A loving marriage starts with a commitment to personal and relational growth. Husbands and wives need to feel a deep sense of belonging and security at home - knowing they are fully seen, valued, and supported. When both partners invest in emotional, spiritual and intellectual growth, they cultivate a relationship that is resilient and deeply fulfilling.

Q: HOW CAN WE GROW TOGETHER?

“Give to a cause **greater** than yourself. People are watching. Your story is **bigger** than you. Get your toes in the water and **start sowing some seeds.**”

Susie Larson

National Marriage Week Panelist/Bestselling Author, National Speaker, and Talk Radio Host

CREATE TOGETHER



Creating meaning together is the beautiful journey of building a shared life. From establishing a home and raising a family to crafting traditions and blending individual dreams, this is where two lives truly become one. Whether it's decorating a first home, celebrating meaningful milestones, or shaping family values, creating a mutually satisfying life is a journey - one that takes time, patience, and shared growth, strengthening a couple's bond along the way.

Q: HOW ARE WE CREATING MEANING TOGETHER AS WE BUILD A LIFE TOGETHER? WHAT MILESTONES OR FAMILY VALUES HAVE WE BEEN INTENTIONAL ABOUT?

SERVE TOGETHER



Serving together is how a couple extends their love beyond themselves. True partnership is not just about supporting each other but also about making an impact in the world around them. Whether it's volunteering, mentoring, or simply showing kindness to others, serving together elevates a marriage into something greater - something that leaves a legacy, inspires others, and goes farther than their own committed bond together as man and wife.

Q: HOW ARE WE SERVING TOGETHER OUTSIDE OF OUR MARRIAGE? IN WHAT WAYS CAN WE START IF WE AREN'T ALREADY PUTTING THIS INTO PRACTICE?

It is often the smallest gestures that stand the test of time - not the big grandiose displays of love and affection. Researchers have even discovered a formula among healthy couples : there are five positive behaviors for every one negative behavior in the relationship. Often, when couples struggle in a relationship, it is not necessarily that there are lots more negative behaviors - it is that they have lost the many daily kind and thoughtful behaviors and routines that existed in the early part of a relationship.

As daily physical exercise builds strong bodies, there are some daily relationship exercises that build strong marriages. Try the below ideas out.

1

Before saying goodbye to your spouse in the morning, learn about one important thing that's happening in his or her life that day. This will break the habit of inattention that eventually turns couples into strangers.

2

Decompress after work by discussing the most stressful parts of your day. This will prevent job frustration from spilling over into your home life. Also share your joys and successes. When it is your spouse's turn to talk, resist the urge to give advice. Instead, be supportive and say you understand. Be a cheerleader for the joys and challenges.

3

Once a day, spontaneously tell your spouse you appreciate something he or she has done or that you admire a certain quality in him or her.

4

Show affection outside the bedroom by occasionally kissing or touching.

5

Plan a date once a week, just like when you were single. Go someplace - just the two of you - and get reacquainted with each other.

It can be easy to slip into comfortable norms in a marriage as the years tick by. Don't forget to keep exploring together and learning each other's new interests and habits!

If we are interested IN each other, we will remain interesting TO one another.

What is something we have done together this last year that was new for us?

List one new food you started liking this year.

His

Hers

Name a new restaurant you'd like us to try together.

His

Hers

Name one new local event that we can go to together this upcoming year.

His

Hers

What is one thing you've held onto, that you finally got rid of this year?

His

Hers

What is something new you've learned about yourself this year?

His

Hers

What is something new you've learned about your spouse this past year?

His

Hers

SMART Goals for your marriage!

SMART goals can help strengthen your connection as a couple and keep you both intentional about growing together.

What are SMART goals?

They are:
Specific
Measurable
Achievable
Relevant
And Time-Bound



1 Communication SMART Goals

Goal: Have a distraction-free check-in every week on your day and evening of choice for the next 3 months. Decide on how long you want this check-in to be. 10 minutes? 30 minutes? 1 hour?

2 Quality Time

Goal: Go on 1 date night a month for the next 6 months, alternating who plans each one.

3 Conflict Resolution

Goal: Practice using a “pause and repair” method when disagreements escalate—track your success on how well you are doing with each other.

4 Intimacy

Goal: Set aside one evening per week for intentional time focused on emotional and physical connection. Focus on physical intimacy that incorporates non-sexual touch - hugging, hand holding, kissing, cuddling, etc.

5 Spiritual Growth

Goal: Pray together before bedtime every evening. Take turns on who prays each evening.

Note: If one or both of you are uncomfortable praying out loud, try saying a prayer for your spouse quietly on your own each morning or evening - then going and kissing them on the forehead and letting them know, 'I prayed for you.' Starting this habit can look different for every couple.

6 Service Together

Goal: Volunteer together at a local organization on a consistent schedule pre-decided by you both.

7 Financial Unity

Goal: Review and adjust your monthly budget together once every 6 months.

Note: Don't just focus on the spender's habits - but on what also might be important to add in to the saver in the marriage!

SMART GOALS WORKSHEET FOR COUPLES

Instructions:

Together, choose 1–3 areas of your marriage you'd like to grow in (communication, intimacy, quality time, faith, finances, etc.). Use the SMART framework to create clear goals you can both commit to.

Goal #1

Area of focus:

Specific: What exactly do we want to accomplish?

Measurable: How will we track our progress or know we're succeeding?

Achievable: Is this realistic for our current life season?

Relevant: Why is this goal important to our marriage right now?

Time-bound: What's our timeline or deadline?

Check-in date(s):

Goal #2

Area of focus:

Specific: What exactly do we want to accomplish?

Measurable: How will we track our progress or know we're succeeding?

Achievable: Is this realistic for our current life season?

Relevant: Why is this goal important to our marriage right now?

Time-bound: What's our timeline or deadline?

Check-in date(s):

MARRIAGE PROCLAMATION

This marriage proclamation is a visual reminder for you and your spouse of the commitment you have for your relationship and marriage. And although this proclamation is mainly for you, we'd love it if you'd encourage US, by sending us a signed copy or letting us know you signed one!

Email to: Dionna@marriageweek.org

I _____ value my marriage. I promise to encourage _____ and prioritize them in my home and in my life. I am committed to grow personally and to dedicate myself to continue to grow as a team with my spouse in our marriage relationship to leave a healthy marriage legacy for the generations that follow us.

I will honor, respect, and cherish my spouse. I will help contribute and put effort into our lives as husband and wife.

Therefore on this _____ day, I vow and proclaim to deepen my love as the years go by and to always keep my heart faithful and loyal.

May God bless our marriage and family, and in turn, may we be a blessing to our children and grandchildren.

What God has put together - let no man separate.

Signed: _____

Signed: _____



A young couple is laughing together outdoors. The man is carrying the woman on his shoulders, and they are both smiling and laughing. The background is a bright, sunny day with green trees.

Your
marriage is
precious.
Invest in it.

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