

# Marriage, Up/Down?

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Be honest; no one has to know your answer to this question: In your life, how much of a priority is your marriage? Is it in the top 3? Top 5? Top 7?

Most couples don't make their relationship a priority until something is wrong.

But marriage is like anything else; you get out what you put in.

## How to Make Your Marriage a Priority:

- **Create** healthy boundaries that allow your family and friends to interact with you *without* interfering with your relationship. Your marriage comes first. Pleasing your spouse comes before pleasing family or friends.
- **Be** your spouse's biggest cheerleader. Recognize their effort and give honest and specific praise. If you're not your spouse's biggest cheerleader, someone else will be.
- **Schedule** time for your marriage to flourish. Your marriage deserves your best time & energy. Divide time with your spouse into three categories: catching-up, dates, and intimate encounters.
- **Create** relationship rituals. Have things you do together regularly that bring you closer, like having breakfast, chatting for 10 minutes before bed, or enjoying a date every weekend.

It takes effort to create a happy marriage.

It's that time of year when people think about health, finances, and love. Decide today to make your marriage a top priority so that by the end of 2020, your relationship will be even happier than it is right now!

*Until next time, this is Mike Tucker and I want YOU to be mad about marriage!*