"Catch" Yourself	"Catch" Yourself
Please record day and time of at least 3 instances where you chose to respond differently than you normally would - moments where you went against your natural feelings and your habit - and you chose to PLEASE GOD instead.	Please record day and time of at least 3 instances where you chose to respond differently than you normally would - moments where you went against your natural feelings and your habit - and you chose to PLEASE GOD instead.
l.	1.
2.	2.
3.	3.
"Catch" Yourself Please record day and time of at least 3 instances where you chose to respond differently than you normally would - moments where you went against your natural feelings and your habit - and you chose to	"Catch" Yourself Please record day and time of at least 3 instances where you chose to respond differently than you normally would - moments where you went against your natural feelings and your habit - and you chose to

l.

2.

3.

PLEASE GOD instead.

PLEASE GOD instead.

1.

2.

3.

"Loving Deeds" Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.	"Loving Deeds" Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.
1.	1.
2.	2.
3.	3.
"Loving Deeds" Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.	"Loving Deeds" Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.
Between now and our next meeting do 3 loving deeds that are beyond	Between now and our next meeting do 3 loving deeds that are beyond
Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.	Between now and our next meeting do 3 loving deeds that are beyond what you would normally do in a given week.

Praying Together as a Couple Praying Together as a Couple This week sit down and pray together. The husband should initiate This week sit down and pray together. The husband should initiate these times. A good way to begin is by asking, "What's going on in your these times. A good way to begin is by asking, "What's going on in your life... and how can I pray for you right now?" life... and how can I pray for you right now?" Record the date / time you prayed together Record the date / time you prayed together 1. l. 2. 2. 3. 3. 4. 4.

5.

l.

2.

Praying Together as a Couple

5.

4.

This week sit down and pray together. The husband should initiate these times. A good way to begin is by asking, "What's going on in your life... and how can I pray for you right now?"

Record the date / time you prayed together

1. 2.

3.

5.

Praying Together as a Couple

This week sit down and pray together. The husband should initiate these times. A good way to begin is by asking, "What's going on in your life... and how can I pray for you right now?"

Record the date / time you prayed together

3.

4.

5.

"Couch Time" "Couch Time" This week sit down together at least 3 times to talk face to face for at This week sit down together at least 3 times to talk face to face for at least 20 minutes. Do not argue or try to resolve conflict, just enjoy least 20 minutes. Do not argue or try to resolve conflict, just enjoy one another. one another. Record date/time Record date/time 1. l. 2. 3. 3.

l.

3.

"Couch Time"

This week sit down together at least 3 times to talk face to face for at least 20 minutes. Do not argue or try to resolve conflict, just enjoy one another.

Record date/time

1.			
2.			

3.

"Couch Time"

This week sit down together at least 3 times to talk face to face for at least 20 minutes. Do not argue or try to resolve conflict, just enjoy one another.

Record date/time

2.			

Date Night

Go out on a "date" together as a couple one time this week A "date" consists of any activity that you both enjoy... that lasts at least two hours... without kids. It does not have to be expensive or even cost money (Go to a park, go get coffee together, watch a movie together, go shopping together, go to a ball game, go to a flower show, read an article and discuss it together, work on a project together, play cards or a board game together, etc.)

	Mission Accomplished!	
Da	te	
Act	ivity	-

Date Night

Go out on a "date" together as a couple one time this week A "date" consists of any activity that you both enjoy... that lasts at least two hours... without kids. It does not have to be expensive or even cost money (Go to a park, go get coffee together, watch a movie together, go shopping together, go to a ball game, go to a flower show, read an article and discuss it together, work on a project together, play cards or a board game together, etc.)

iici	e and discuss a together, work on a project together, puty car a board game together, etc.)
	Mission Accomplished!
Da	te
Ac	tivity

Date Night

Go out on a "date" together as a couple one time this week A "date" consists of any activity that you both enjoy... that lasts at least two hours... without kids. It does not have to be expensive or even cost money (Go to a park, go get coffee together, watch a movie together, go shopping together, go to a ball game, go to a flower show, read an article and discuss it together, work on a project together, play cards or a board game together, etc.)

	a board game together, etc.)
	Mission Accomplished!
Da	te
Act	tivity

Date Night

Go out on a "date" together as a couple one time this week A "date" consists of any activity that you both enjoy... that lasts at least two hours... without kids. It does not have to be expensive or even cost money (Go to a park, go get coffee together, watch a movie together, go shopping together, go to a ball game, go to a flower show, read an article and discuss it together, work on a project together, play cards or a board game together, etc.)

	Mission Accomplished!
Da	te
Ac	tivity