

Celebrate on Purpose Worksheet

Many couples notice what is wrong and let what is right pass without a word. Celebrate on purpose.



Do this together, in one sitting. Each of you fills in your own box, then share. Listen to understand. This is a tool for the two of you, not a test.

1 Celebrate the small win out loud

Write one small win from this week. Then say it to your spouse.

ME

MY SPOUSE

2 Mark the dates that matter

List three dates that matter to you both, and what you will do for each.

ME

MY SPOUSE

3 Cheer for the effort

Write one thing your spouse tried, even if it didn't land perfectly.

ME

MY SPOUSE

4 Plan one thing to look forward to

Pick something in the next few weeks that is just for the two of you. Put it on the calendar.

ME

MY SPOUSE

This week: Celebrate one thing out loud every day for a week.

There's always, always hope.

Hope Relentless Marriage & Relationship Center · 3075 W Ray Rd #200, Chandler, AZ 85226 · (623) 343-4764
Free 30-minute consultation, both of you on the call: hoperelentless.com · Marriage coaching, not therapy.