



5 Ways to Enrich Your Marriage

A GUIDE FOR JOYFUL COUPLES

5 WAYS TO ENRICH YOUR MARRIAGE



1. Give Acknowledgments

Look for the best in your partner. When you see him/her practicing a virtue, acknowledge her/him. For ex., "*Thank you for your helpfulness in getting my workshop materials together for me.*" or "*You've been so patient in waiting for me.*" Find the virtue and be specific in saying how you see it. Do it everyday!

2. Consultation

is a wonderful tool for decision-making. Sit down together, put all ideas on the table without ownership, discuss honestly and respectfully, and come to an agreement with cooperation and unity. Learn from your teachable moments. Look at your mistakes as learning. Make amends. Forgive yourself and your partner.

3. Set Clear Boundaries

to keep everyone safe and with clear expectations. We can both set personal boundaries around our time and energy. We can decide what boundaries are needed in our household and relationship.

4. Honor the Spirit

of your partner by honoring and respecting his/her dignity. Be respectful of his/her personality, ideas and interests. Make time together for date nights, time away together. Enjoy nature together, away from distractions. Do a weekly Virtues Pick.

5. Companion

each other. Listen deeply to each other with compassion, detachment and without judgment or an agenda. Ask "What" open-ended questions, so you can really hear what your partner is feeling and thinking. Acknowledge your partner for the virtues you see in him/her.

RESOURCES



For more information, go to <https://www.virtuestraining.com>

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