

7-STEP ROADMAP TO A SUCCESSFUL MARRIAGE RESET

1



REACH OUT

Stop being isolated and reach out for help and support from others.

2



REMEMBER WHO YOU ARE

Remember who you are: your passions and purpose.

3



REMEMBER THE REASONS YOU GOT MARRIED

Remember what drew you to your spouse in the first place.

4



HEAL FROM THE PAST

Heal from the hurts and trauma from your past so you can stop seeing your partner through the lens of the past.

5



QUENCH THE FIGHTING

Learn powerful strategies for quenching arguments and conflict with your spouse.

6



BUILD YOUR ROMANCE KEYS

Grow in the keys that will build romance: friendship, emotional intimacy and lovemaking.

7



EMBRACE YOUR DIFFERENCES

Learn how to make your differences your strengths.

