

Our Marriage Checkup



Fill this out individually, then share your answers and finish the last section together.

Rate your marriage on a scale of 1 - 10.



What do you love about your marriage and life right now?

What is your least favorite thing right now?

How are you doing as a husband/wife?



What are your areas of strength?

1.

2.

3.

What are your areas of weakness?

1.

2.

3.

How is your spouse doing as a husband/wife?



What are your spouse's areas of strength? *(Feel free to use some extra paper for this section!)* 😊

Rate how you and your spouse have been doing with the following:



Sexual Intimacy 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Emotional Intimacy 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Spiritual Intimacy 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Dating 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Communication 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Conflict Resolution 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Rest 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

DO THIS PART TOGETHER!

Discuss what you can do to move your ratings for the above categories up a little bit.
(And don't try to go from a 3 to a 10! What can you do to just go from a 3 to a 4? Start there.)

Identify three things that you will commit to work on and improve. Discuss a plan of action for making those things happen.

- 1.
- 2.
- 3.

Time to grab your calendars! Set dates for big trips, weekend getaways, and regular date nights now.