



NAME WHAT'S GOOD

Take some time to think specifically about what you appreciate and admire in your spouse. Then encourage him or her, using the prompts and questions below!

APPRECIATIONS

- What are you grateful for when it comes to your spouse? Why?
- When you think about your marriage, what are you grateful for? Why?
- What was the last thing your spouse did for you or followed through on after you asked him or her to?
- When was the last time your spouse offered you a helping hand without you having to ask?
- What things do you appreciate about your spouse that you normally take for granted?
- What do you appreciate about your spouse's personality or perspective (even when it differs from yours)?

ADMIRATIONS

- What strengths or qualities do you admire about your spouse? Why?
- What aspects of your spouse's character do you admire? Why?
- Specifically, what do you find attractive physically about your spouse?
- Specifically, what character qualities do you observe your spouse working to develop?
- What do all of these qualities mean to you?

ENCOURAGEMENT

- What short-term goal is your spouse working toward right now that you could encourage him or her in?
- What life goals is your spouse working toward right now that you could encourage him or her in?
- When you stop to think about your spouse's day-to-day life, where could you be more intentional in encouraging him or her in how amazingly they do what they do everyday?
- Where could you be quicker to encourage your spouse?
- (What would you need to work through, if anything, in order to do that?)
- How does your spouse most like to receive encouragement? (If you don't know, ask!)



BRAVE MARRIAGE

Brave Marriage exists to educate, encourage, and equip couples to grow as individuals, do marriage with intention, and live mutually empowered, purposeful lives.

If these questions have been helpful to you, would you consider sharing the podcast and worksheets with your friends and family? I consider this part of my business a ministry to couples, and would love your help in sharing this teaching with others.

To work with me at the next level,
please visit bravemarriage.com.