

# Personal Reflection Exercises...

**I am building a strong foundation with my spouse based on love, trust, and respect.**



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I love being married to the person I have chosen to spend the rest of my life with. ***The storms of life may rock our home, but the strong foundation of our marriage keeps our family standing tall.***

The benefits of having a strong marriage far outweigh the hard work and effort it takes to maintain. I am selflessly committed to making my marriage work because my partner and family are worth it.

I love my spouse even when we disagree. ***The strength of our relationship is not dependent on anything my partner does, but on a commitment that I made to love them until the end.*** The love I feel grows every day, regardless of how my spouse changes with age.

My heart enjoys peace because I believe the word of my spouse and I am truthful when I speak to my partner. We are committed to maintaining our marriage free from secrets and lies. When making

important decisions, I seek the input of my spouse in order to get another point of view.

My respect for my spouse is unwavering regardless of the circumstances. ***I am quick to listen and slow to anger.*** Even when I am upset at my spouse, I show my respect because my spouse is an intelligent human being worthy of admiration.

Today I choose to honor my spouse with respectful words, loving actions, and trustworthy character. I build our relationship by being a person of integrity because I am devoted to making my marriage last.

## **Self-Reflection Questions:**

1. What is my spouse's best quality?
2. How can I be more open and honest with my spouse?
3. What can I do today to help my partner feel appreciated?