

# ONCE A YEAR

- Recall your courtship & wedding memories
- Reread old love letters & write a new one
- Take a romantic get away
- Examine anger states- flush out and resolve any resentments any resentments
- Revise your financial plan
- Attend a marriage class, workshop, retreat, conference
- Revise your couple growth plan
- Reminisce your best times and work on healing troubling times
- Do something to symbolize your commitment - that you are in this marriage for the long haul



## A GROWTH PLAN IS...

**a statement of intention, put into writing and signed, with specific areas the couple agrees to work on together**

This revised growth plan is based on an article by Jim and Virginia Anglin in the July/August 1996 issue of *MARRIAGE ENRICHMENT*. It contains concepts developed by Drs. David and Vera Mace, founders of Association For Couples In Marriage Enrichment (ACME) in 1973, now called *Better Marriages*.

This brochure is brought to you by:

***St. Louis Gateway Chapter of  
Better Marriages***

**We offer communication skills workshops, social activities and monthly Marriage Enrichment Groups for couples who desire relationship growth.**

**Please contact us for information at;  
[www.bettermarriagesstl.org](http://www.bettermarriagesstl.org)**

**We are nonprofit and nonsectarian**



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# A GROWTH PLAN FOR COUPLES



**TIPS to keep your relationship fresh and growing. Try one or more in each category. Be creative with your love.**

## EVERY DAY

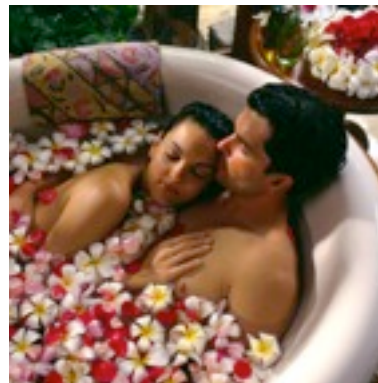
- Show your affection physically & verbally
- Intentionally dialogue daily
- Kiss, hug and hold hands
- Snuggle a.m. and p.m.
- Give a compliment
- Say please and thank you
- Let your partner be right
- Share requests - express your wants & needs
- \*Laugh together - have fun



## ONCE A WEEK



- Eat breakfast together
- Enjoy a date
- Bathe or shower together
- Say “I love you” with a note, text or phone call
- Exchange back rubs
- Take a walk together
- Attend a faith community of your choice
- Share an intimate experience



## ONCE A MONTH



- Spend a day alone together
- Pamper your partner
- Give yourself personal time
- Give each other a token or gift
- Trade chores
- Get together with friends
- Volunteer together
- Be creative in your love life
- Go someplace new
- Participate in a Marriage Enrichment Group or Virtual MEG-through *Better Marriages*

## EVERY SIX MONTHS

- Discuss dreams, hopes, fears
- Celebrate your couple life
- Take a mini vacation
- Check your spending & saving together
- Review goals and growth plan
- Agree to try something new