

Love Bytes Journal Prompts

Every significant relationship in your life requires nurturing including your marriage. When you begin to run on auto-pilot for too long your marriage can begin to weaken as you and your husband grow distant from each other. The good news is that strengthening your relationship can begin with small daily actions renewed by your intentions for the kind of wife you would like to show up as for your husband.

These journal pages are an invitation to discover where your relationship is strong and where you would need to offer a little TLC to strengthen areas that are not.

Intentions

Umar bin Al-Khattab said, "I heard Allah's Messenger (ﷺ) saying, "The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended.

My highest intention for being married is.....

One of my strengths as a wife is

One area of my character I would like to improve upon is.....



Love Bytes Journal Prompts

Take a moment to look at the different areas of your marriage and rate each area on a scale of 1-10 with 10 being excellent.

Communication

Sexual Intimacy

Adventure and Fun

Growth

Financial Management

Relationship with In-Laws

Parenting Together (if applicable)

Spiritual Climate

Emotional Fitness

Shared Vision

1 - 3 : This area of your relationship is likely causing you quite a bit of pain and disappointment. It's really important that you reach out for support in order to improve these areas. It's not likely things will just get better on their own without intentional actions and changes being made. Instead of just dealing with what's hurting take action. Work with a relationship coach, therapist, register for a marriage course, or read several relationship books. Invite new learning into your life so that you can make major changes as soon as possible.

4 - 6: This area of your relationship is in the warning zone. It might not seem like it because the numbers aren't that low. This range is where people aren't incredibly unhappy but also not satisfied. Because the pain level isn't really high issues in areas like this often get swept under the rug. Over time, however, they can build up leading to a major fight or level of resentment down the road. Don't get too comfortable here. Add in some goals for improvement and make some small tweaks to see these numbers climb!

7 - 9: This area of your relationship is one you feel really good about. Areas like this are pillars for your relationship and support you and your husband when other areas are challenging. Whatever you are doing in these areas keep going! Don't allow yourself to take for granted these numbers. Instead, take note of what's been working here so that you can stay strong. High numbers reflect positive habits and it's wonderful for you to take note of what those are in case the numbers ever dip in the future. This way you'll know what you need to go back to doing once again.



Love Bytes Journal Prompts

If you were in my relationship coaching program I would invite you to consider one small change you'd like to make in your marriage for the next two weeks. I would help you break your vision down into small and specific goals that you could actively work on. This page is for you to use each time you listen to a Love Bytes podcast and feel inspired to make a change or bring back something you used to do. Inspiration is wonderful but specific actions are what ultimately lead to change and growth in your life and in your relationship.

Podcast #:

Gems I took away from this podcast were....

What is one small action I could commit to each day for the next 14 days based on what I learned? (Make sure it's do-able on a daily basis. Nothing fancy!)

What has prevented me from taking this action consistently in the past?

How will I stay committed? (Phone reminders? Calendar pop-ups? Note on the fridge?)

I know it takes two people to build a marriage. But I also know I have a lot of influence in my relationship and I will focus on being my best self these next few weeks because.....

