

TAKE A BREAK... A COFFEE BREAK



The “Coffee Break” is a time for you and your spouse to get together on a weekly basis (no more than 60 minutes) and go over what is ahead for your week. You’re being intentional about what to expect as well as planning for future events. Enjoy!

OVERVIEW

Set Intention and Outcome

- Where will you meet?
- What day and time?

Avoid words like **Never** and **Always**

3:1 Positive Ratio

- Speak words of encouragement to one another.
- Say 3 good things to every tough thing you share.

WEEKLY QUESTIONS TO ASK ONE ANOTHER

Trips: for work

Trips: for pleasure

Vacation(s)

- Where?
- When?
- How much do we need to save?

Amazon Wish List

This is a place for each of you to place items that the other can purchase at times throughout the year.

Household Needs

Kids Schedule

- Add activities and important event to both calendars.

Plans with Family (immediate and extended)

Personal Goals

Family Goals

- Review of Family Rules and [Core Values](#)

Overnight Date (once a quarter)

- Determine dates when you will be getting away together.

Quarterly Agenda Day

- One day each quarter where you have an overview for the upcoming quarter.

Sunday Shopping (weekly menu)

Dancing with the Kids (fun activities with them)

PERSONAL QUESTIONS

2 Best Things from Last Week

How Am I Doing on a Scale of 1-10?

What are Two Things That Will Get Me From X to 10?

Areas of Improvement / Recent Frustrations?

How Am I doing as a Husband / Wife?

Is There Enough Gourmet Time? (Referring to sexual intimacy)

Are We Spending Enough Quality Time Together?

Do You Feel Adored and Loved Up?

What Are You Most Looking Forward to This Week?

