



# 12 Simple Things


to strengthen your relationship...

Making your relationship a priority is the best way to insure a wonderful life together. With a little effort, new tools and some helpful information, it is possible to build a relationship that will sustain itself through life's ups and downs. It does not matter if you are seriously dating, planning your wedding, or have been married for years, finding the time and energy to invest in your relationship can seem overwhelming! That's why we're here!

We have learned that in many cases, successful couples *learn* how to use conflict and challenges in their marriage to provide opportunities for greater intimacy that can lead to much higher marital satisfaction! Here are 12 Simple Things you can do right now and throughout your relationship to strengthen your couples quotient, keep the romance alive, enhance communication and improve your overall satisfaction:

1. Speak honestly.
2. Support one another's goals and achievements.
3. Respect each other.
4. Take time to share dreams and goals on a regular basis with your spouse.
5. Consider daily dialogue as a means of improving your communication.
6. Laugh together at least once a day.
7. Fight fair.
8. Be willing to forgive.
- 9 Remember kindness towards each other is a great gift.
10. Share your daily expectations.
11. Make decisions about finances, disciplining the children, chores, vacations, etc., together.
12. Take time to be alone together. Invest in your relationship. Schedule time to go out on dates and take romantic getaways.

Log onto [www.WYOFAMS.org](http://www.WYOFAMS.org) for more tips, tools, and to register for upcoming classes in your area!

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