

HOMEWORK:

- 1) **“3x5 cards”** – this you can share: things – characteristics, habits, activities – that you admire about your spouse; or that they have done for you; or that you love them for.

At least one per day, every day – but aim for around 15 total over the next week...

DON'T MAKE THIS A CONTEST!!!

START WITH THE FIRST ONE NOW!

- 2) **TO BE DONE ON YOUR OWN – AND NOT SHARED: We will use this in our next class!**

a) Create a list of 3 to 7 things that you would like to be Encouraged in.

b) Create a list of 3 to 7 things that you think your spouse would like to be Encouraged in.

Something that you (your spouse) would like to be able to do – or that you ARE doing – and which you would appreciate your spouse's support & understanding in. (Encouragement)

“Realistic” in that it should be something that is POSSIBLE – for example, “Become an Astronaut” is probably not Possible for most of us – but don't get hung up on too many obstacles: “Become a Farmer” IS possible for most of us: doing so might raise a number of “practical considerations” but it COULD be “realistically” done.

- 3) **SOMETIME during the next week**, find the time to do / share in some activity, job, errand, that you know your spouse would appreciate – but WITHOUT making a “big deal” out of it!