

ANNUAL MARRIAGE CHECK-IN Q&A

*Take a few moments to reflect and connect. This weekend is an opportunity to deepen your relationship and focus intentionally on your marriage. Use this Q&A to celebrate your achievements together and strengthen your bond. **(Be sure to print out 2 copies!)***

REFLECTING ON THE PAST YEAR

1 Write down 3 things you appreciate about your spouse.

2 What were the most joyful moments in our marriage this past year?

3 What is something you've seen your spouse overcome this year?

4 What challenges did we face together, and how did we grow through them?

5 How did I show love to my spouse this year? How could I do better?

6 What do I appreciate most about my spouse right now?

7 In what ways did we grow stronger as a couple this year?

CELEBRATING EACH OTHER

1 What makes me feel most loved and valued in our marriage?

2 What is one thing my spouse does that I never want them to stop doing?

3 What's a favorite memory we made together this year, and why is it so meaningful?

4 What do I admire most about my spouse's personality, talents, or actions?

PLANNING FOR THE FUTURE

1 What are my hopes and dreams for our relationship in the next year?

2 What is one goal I want to work on individually that would strengthen our marriage?

3 What is one goal I'd love for us to work on together as a couple?

4 What does a happy and fulfilled future look like for us in 5-10 years?

5 What does "success" look like in our marriage over time?

DREAMING TOGETHER

1 What are three things I'd love to accomplish as a couple in the next year?

2 If we could take any trip or adventure, where would we go and why?

3 What's one big, long-term dream I want us to start working toward?

INTENTIONAL CONNECTION

1 What is one way I can better support my spouse emotionally, spiritually, or practically?

2 How can we make more time for fun, intimacy, or shared hobbies?

3 Is there something I've been holding back from sharing with my spouse? If so, how can I share it now?

SPIRITUAL GROWTH

1 How can we make prayer, devotion, or faith more central in our marriage?

2 What scripture or spiritual truth has encouraged me in our relationship?

WRAPPING UP

1 What am I most excited about in our future together?

2 What is one takeaway from this weekend that I want to carry forward into our marriage?

3 How can we make our next annual check-in even more meaningful?
