

# *Daily Marriage Love* **CHECKLIST**

Use the following checklist to ensure that you are loving your spouse to the best of your ability, even on the most difficult days.

- Laugh with my spouse
- Let my spouse know I am thinking about them
- Speak genuine words of affirmation to my spouse
- Initiate affectionate physical touch
- Affectionately receive physical touch
- Allow my spouse to care for me
- Enjoy some sort of recreation with my spouse
- Provide space and time for my spouse to relax
- Pray for my spouse
- Pray with my spouse



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