

# MARRIAGE CHECK IN QUESTIONS

## WEEKLY MARRIAGE CHECK IN

1. What is one thing you really enjoyed this week (your high)?
2. What was really challenging for you this week (your low)?
3. What can I do for you to make your life a little easier next week?
4. On a scale of 1-10, how would you rate our sexual intimacy this week?
  - What can we do to make it better next week?
5. On a scale of 1-10, how would you rate our emotional connection this week?
  - What can we do to make it better next week?
6. On a scale of 1-10, how would you rate our intellectual connection this week?
  - What can we do to make it better next week?
7. On a scale of 1-10, how would you rate our friendship and ability to have fun and enjoy each other's company this week?
  - What can we do to make it better next week?
8. Tell me one thing you think I can improve on so I can continue to become better for myself, our family, and marriage.

## ANNUAL MARRIAGE CHECK IN

1. What goals would you like us to achieve next year as a couple?
  - What are your individual goals?
2. What is the best investment we should make for our marriage next year?
3. What can we do to make our marriage better next year?
4. What did you learn from our marriage this year?
5. What are you looking forward to the most next year?
6. What marriage book should we read and discuss together next year?