

# *My marriage is becoming stronger each day*

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My relationship with my spouse is very important to me. My spouse is my biggest supporter and cheerleader. My relationship enriches my life in countless ways. I am lucky to have my spouse in my life.

I am amazed by how our relationship has grown over the years. Each year is better than the last. I expect this year to be even better. ***Our love grows by the day, and our relationship is strengthened by that love.***

I choose to give my marriage the time and effort it deserves. I spend time each day making it better. I do everything I can to make my spouse happy.

My marriage may have an occasional challenge, but each challenge renews our commitment to each other as we overcome the difficulty.

***We are committed to having a strong and mutually beneficial relationship.*** Our marriage is a priority.

I am happy that my relationship with my spouse benefits our children. They have the opportunity to see a happy and healthy relationship. It sets a good example and can serve as a reference for their relationships in the future. Children are the biggest beneficiaries of a strong marriage.

***Today, I remind myself that my marriage is the most important relationship in the world.*** I am working to strengthen and enhance my marriage. I am lucky to have my spouse and look forward to a bright future together.

## **Self-Reflection Questions:**

1. What can I do today to strengthen my marriage?
2. Does my spouse know how much I appreciate them? How can I show my appreciation?
3. Do I give my marriage the time and attention it deserves?