

Marriage Journey Reflection Questions

MODULE 1: BUILDING A SOLID FOUNDATION

Video 3: Becoming Emotionally Independent: Building a Sphere of Self Reinforcement

Think about your priorities you identified from the previous exercise and then write a list of daily behaviors that you want to become the foundational habits of your life.

Here are some helpful guidelines for choosing behaviors

- Is this behavior going to support my vocation (wife/mother, husband/ father)?
- Am I passionate about it? (Does it matter enough for me to suffer for it, at least a little bit?)
- If I did this behavior would I experience a sense of accomplishment and growth in confidence?
- Would my future self thank me for doing this?
- Can I do this every day? (Is it sustainable and realistic?)

MY SPHERE OF SELF-REINFORCEMENT

1. _____
2. _____
3. _____
4. _____