

ULTIMATE INTIMACY WEEKLY MARRIAGE MEETING

BETTER INTIMACY • BETTER COMMUNICATION • BETTER TEAMWORK

DATE: _____

Each spouse rates 1-10, then discuss together.

#	WEEKLY CHECK-IN	RATING YOU / SPOUSE	DISCUSSION QUESTION
1	Our Week	___/10 ___/10 each spouse	What went well this week? Share something you are both excited about.
2	Stress & Support	___/10 ___/10 each spouse	Ask each other: How is your stress? Any hidden stress? How could I better support you?
3	Finances	___/10 ___/10 each spouse	How are we on our budget? Any spending, saving, or upcoming expenses to discuss?
4	Sexual Intimacy	___/10 ___/10 each spouse	How is our sexual intimacy? Name one thing we can both do this week to strengthen it?
5	Schedules	___/10 ___/10 each spouse	What important plans or schedules do we each need to know this week?
6	Feeling Appreciated	___/10 ___/10 each spouse	Do you feel appreciated? One thing I could do better this week?
7	Teamwork	___/10 ___/10 each spouse	How is our teamwork? What home or yard tasks matter most this week?
8	Fun & Laughter	___/10 ___/10 each spouse	What made you both laugh this week? How can we bring more joy into our marriage?
9	Marriage Goals	___/10 ___/10 each spouse	What 3 goals can we set together this week? (finances, date nights, parenting, emotional connection, etc)
10	Unity	___/10 ___/10 each spouse	How is the unity in our marriage? What could each of us do better as a team?
11	Health	___/10 ___/10 each spouse	How are sleep, eating, exercise and rest habits? What could improve this week?
12	Repair & Resentment	___/10 ___/10 each spouse	Ask each other: Have I hurt you, or is there resentment to discuss? What could I try harder at?
13	Meals	___/10 ___/10 each spouse	What is our meal plan for the week? Which nights are each of us responsible for dinner?
14	Emotional Intimacy	___/10 ___/10 each spouse	How is our emotional connection? What is going well and what is missing?
15	Date Night	___/10 ___/10 each spouse	When is our next date? What will we do, who plans it, what needs preparation?
16	What's Going Well?	___/10 ___/10 each spouse	What are we both doing well in our marriage? Give one genuine compliment from this week.
17	Gratitude	___/10 ___/10 each spouse	Name something you are grateful for about each other.
18	Affection & Connection	___/10 ___/10 each spouse	How is our everyday affection? Ask each other: What would help you feel closer to me this week?
19	Quality Time	___/10 ___/10 each spouse	When will we have uninterrupted time together? Put it on the calendar.
20	One Thing to Fix	___/10 ___/10 each spouse	If we improve ONE thing this week, what is it and what action will we take?

END WITH THESE 3 THINGS

OUR 3 TOP PRIORITIES THIS WEEK: 1. _____ 2. _____ 3. _____

WHAT IS ONE GOAL WE BOTH HAVE FOR NEXT WEEK? _____

OUR NEXT MARRIAGE MEETING: _____



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