

**COMMITMENT TO:**  
**RE-IMAGINE, RE-NEW, AND RE-IGNITE OUR MARRIAGE**

This agreement is made on the \_\_\_\_\_ day of \_\_\_\_\_ (month), \_\_\_\_\_ (year).

We mutually agree and individually commit to:

1. Putting our relationship 1<sup>st</sup> in our lives ahead of kids, careers, hobbies, family or friends.
2. Each individually, take 100% responsibility for our relationship. This means that we don't blame the other for anything, ever.
3. Always be willing to take the first step and never wait for the other to step out first.
4. Take an assessment of our personal faithfulness in meeting the needs of our mate. Another way of saying this is that we will make an assessment of how well we are fulfilling the vows (promises) that we made to our mate at the altar or otherwise.
5. Learning and discovering from the other what their needs are that aren't being met and committing to them to meet them at a higher level.
6. Discover the one thing that we do that causes our mate the most pain and start growing ourselves out of that behavior.
7. Honor our mate's individual and unique perspective or point of view.
8. Let go of the need to understand your mate. You don't have to understand them to love, honor and cherish them.
9. Always behave in a spirit of love.
10. Expand your capacity to love by loving your mate in ways that actually make them feel loved as opposed to how you are just comfortable loving.
11. Always giving our mate the benefit of the doubt.
12. Let go the past. Holding onto it doesn't serve you.
13. Always assume our mate has the best intentions.
14. Never making our mate "wrong" about anything. There is no wrong
15. Never manipulate our mate by withholding love, acceptance, or approval.
16. Never withholding sex from our mate for manipulative reasons.
17. Honoring and respecting our mate so that they don't feel judged or condemned when they express their authentic self.
18. Listen more intently without interrupting and judging what our mate is saying.
19. Growing our understanding of polarity and how the goal isn't for us to be the same but rather to embrace, honor and appreciate our differences.
20. Start connecting with each other in small ways throughout the day to let the other know they are on your mind.
21. Start scheduling weekly, uninterrupted, focused, quality time together. This is not optional.
22. Start weekly connecting/re-connecting sexually in a spirit of love, compassion, patience and zero expectation.
23. Start pursuing our mate as if they are a prize worth pursuing.
24. Work on becoming the kind of person who would attract the kind of person we want in our life.
25. Use all the resources at our disposal to re-imagine, re-new, and re-ignite our marriage.

\_\_\_\_\_ (Husband) \_\_\_\_\_ (Wife)