

Marriage Vision Template

To have an exciting, deeply meaningful and passionate marriage, you need to be married with mindfulness, purpose and intention.

What is your desire for your marriage? How do you want it to look? Think big and in vivid detail. Small visions don't have the power to move you from where you are to where you want to be. You need to be inspired.

Your Vision

Here are some questions to help you paint a compelling picture of your dream marriage. Use them to inspire you to paint vivid and colorful details. Now get out your journal or use the blank space following these questions and begin sketching out your new vision and deeply moving reasons why you must go after it.

1. How will my marriage meet my 7 core needs; certainty and security, uncertainty and excitement, my need to feel significant, my need to love and be loved, my need for autonomy and independence, my need for growth and expansion, my contribution to the world and those dear to me?
2. What are my mate's needs and how are they different to mine? What would happen if I honored them for who they are, instead of who I think they should be?
3. How will I meet my mate's needs to help them fulfil their core needs of certainty, variety, love, significance, autonomy, personal growth and contribution?
4. If I knew that my mate was entrusted to me for safe keeping, how would it affect the way I treat them, communicate with them and behave in their presence?
5. How would my mate respond to me if I loved them without limit? How would things change if I reacted to their upsets and blow-ups with patience, kindness and unconditional love?
6. What healthy alternatives can replace any destructive behaviors in my personal health and wellbeing, that of my mate's, and that of our relationship?
7. What part will my marriage play in meeting my physical, emotional and spiritual needs?
8. What part will my marriage play in bringing joy, meaning, certainty, excitement, fulfilment, adventure and passion into my life?
9. What does my daily communication with my mate look like?
10. How does my mate feel during and after our daily interactions – stressed or loved and supported?
11. What is our communication like when we are in a stressful situation?
12. What would my marriage look like if I focus on what I love about my mate, not on what bugs me?

13. What is our communication and connection like when we are engaged in family activities?
14. What is our communication and connection like when we are in a social environment?
15. What is this like when we are in our separate work environments?
16. Does the way I communicate inspire, uplift and encourage people?
17. What does our quality time together look like – what do we talk about, do?
18. How often and how much time will we spend together daily, weekly and monthly on focused one-on-one quality time together?
19. How would seeing my spouse as my “lover” change my perspective and behavior?
20. What does our sex life look like? How often do we have it and where do we have it?
21. How do we feel before, during and after sex? What are its lingering effects?
22. What does the evolution of our sex life look like?
23. How does my partner feel about sex with me? Why?
24. What is the role I will play in attracting the things I want into my life?
25. What is the role I will play in each arena of my life: husband/wife, collaborator, confidant, guardian/parent, mentor?
26. How will unconditional and forgiving love inspire me to be my authentic self?
27. How will the same inspire my mate?
28. Love means providing safety and warmth to another. How do I offer this to my mate?
29. How can I bring more adventure, comedy, mystery, hilarity, expectation, curiosity, romance and magic to my marriage?
30. How can I bring this to all the roles in my life, and what impact will it have in each arena?
31. If I acknowledge and appreciate that my mate’s perspective on things may be different but is a way to expand *my* perspective, how would it help me grow?
32. How would looking at things with comedy and humor change my relationship?
33. What is my core essence or energy (masculine or feminine)? How would being true to my core essence change my life?
34. What is my mate’s core essence? What would happen within our marriage if we supported each other’s core essences?
35. How can I start pursuing my mate as if they are a prize worth having? What would I do differently?
36. How can I make my mate fall in love with me over and over again?
37. Does my mate find me pleasant and attractive to look at?
38. Am I optimizing my time and skills in my job so I can realize the most financial gain and personal satisfaction, and be home more?
39. Am I making the most of my time or do I fritter it away in unedifying activities that don’t support my goals?

40. How do I inspire myself and others to a healthier lifestyle; eating, drinking, sleeping and exercising in a way that optimizes our energy as partners, and as a family?
41. Am I developing and sharing my God-given talents?
42. How am I supporting my spouse in developing and sharing their special talents?
43. How can I collaborate with my mate to learn and grow in our partnership?
44. How would my marriage help me become the best version of myself if I put all my efforts into growing myself, and allow my spouse to do the same?
45. What is the grand purpose of our marriage that may go beyond just meeting our needs? How can we inspire and create a platform of change, for future generations, to make the world a better place?
46. If you haven't already done it, use the *Finding your 20%* checklist (also available online) to narrow down the list of things that will have the most profound impact on your marriage to help create your vision.

Your WHY

Behind your vision you need a powerful and compelling WHY; a driving force that inspires you to push beyond your self-imposed limitations and do what it takes daily to realize what you want and deserve in your life. This is the second step to harnessing the power of your desire; to develop compelling reasons why realizing your vision is a *must* and not an option for you.

What's your WHY? Here are some examples:

1. My mate deserves to be treated like a queen/king.
2. My mate is amazing and deserves a counterpart who inspires and challenges them.
3. My partner deserves to feel loved and cherished.
4. I want to be nominated for the world's greatest husband/wife award.
5. I want my partner to love their life with me and feel like marrying me was the best decision they ever made.
6. Being less than my best causes my lover pain and suffering.
7. I value my integrity and when I'm not fulfilling my vows to my mate I feel incongruent.
8. I want to be the one who brings joy, laughter, excitement and adventure into my mate's life, not have them looking elsewhere for any of these.
9. I want to have the physical energy to fill my mate's needs for physical interaction in and out of the bedroom.
10. I want to live a long, healthy and vibrant life with my mate so I don't cause hardship to my partner because I didn't look after myself.
11. I don't want my mate to lose attraction to me because I look like a shriveled up old bag of skin and bones when I'm 70.

