

Weekly Marriage Reset Worksheet

This worksheet is designed to help couples reflect on their relationship, address challenges constructively, and foster gratitude and connection. Set aside 30 minutes together each week in a quiet space to complete this worksheet.

Step 1: Reflect on a Challenge

1. What challenge or disagreement did we face this week?
2. What emotions did I feel during this challenge?
3. How did I contribute to this challenge, if at all?
4. How did my partner respond, and how did it affect me?

Step 2: Lessons Learned

1. What could I have done differently to improve the situation?
2. What can my partner and I agree to do differently next time?

Step 3: Gratitude and Positivity

1. What's one thing my partner did this week that I appreciated?
2. What's one thing I did this week that I'm proud of in our relationship?
3. What's one thing we accomplished together this week?

Step 4: Moving Forward

1. What is one goal we want to focus on for the coming week?

2. How can we hold each other accountable in a loving way?

Closing Affirmation

Take turns sharing one positive statement about your partner and your relationship.

Example: 'I'm grateful for how supportive you are' or 'I love how we keep working to grow together.'

Notes

Use this space for any additional thoughts or reflections you'd like to share.