

Expectations {re}Defined: All the ways I get to give and receive love

Giving and receiving love is an incredible gift in marriage. The way we do or don't handle expectations is the accelerant that causes our love to burn {hot and intense} or it's the retardant that puts it out.

Today, throw accelerant on your marriage.

Remember! You are the only person on this planet uniquely qualified to love your spouse the way they need to be loved. They are not ridiculous for needing to be loved in unique ways. You 'get' to love him/her for the rest of your life. Go all out by loving extravagantly.

Questions to ask yourself:

- Have I clearly communicated my expectations?
- Are my expectations realistic? (Budget, ability, availability, and don't compare with other couples)?
- If this never happens how will I respond?
- How am I personally doing when it comes to loving my spouse?
- Am I handling his/her expectations with care or flippantly passing them off as something I can do another day?

Ways I love to be loved, in everyday life: (Ex. Kiss me just because, ask me about my day, listen to me, help me with..., keep our home tidy, pack my lunch, provide financially, respect me)

- 1.
- 2.
- 3.
- 4.
- 5.

Over the next month, I'd love if you... (Ex. flowers, post about me on social media, leave me a note, surprise me with..., initiated sex, focused on me with no distractions {phone, kids, work})

1.

2.

3.

Over the next year, I'd love if you... (overnight date, help me with...)

1.

2.

3.

Let Gratitude ReFocus Your Attitude

Ways my spouse loves me really-well (provides for our family, cooks dinner, listens,

1.

2.

3.

4.

The little things I love about him/her:

1.

2.

3.

4.

5.