



The Happy Marriage Checklist

- We hug/kiss/cuddle 3 times a day.
- When we argue I still believe I am loved.
- I have a sense of who I am as an individual.
- We have accomplished something *together*.
- I have bad days, but don't take it out on my person.
- We say thank you on the regular.
- I don't become defensive when my person shares with me.
- We have created a budget and review it regularly.
- We share the same definition of success.
- I trust my person with my life.