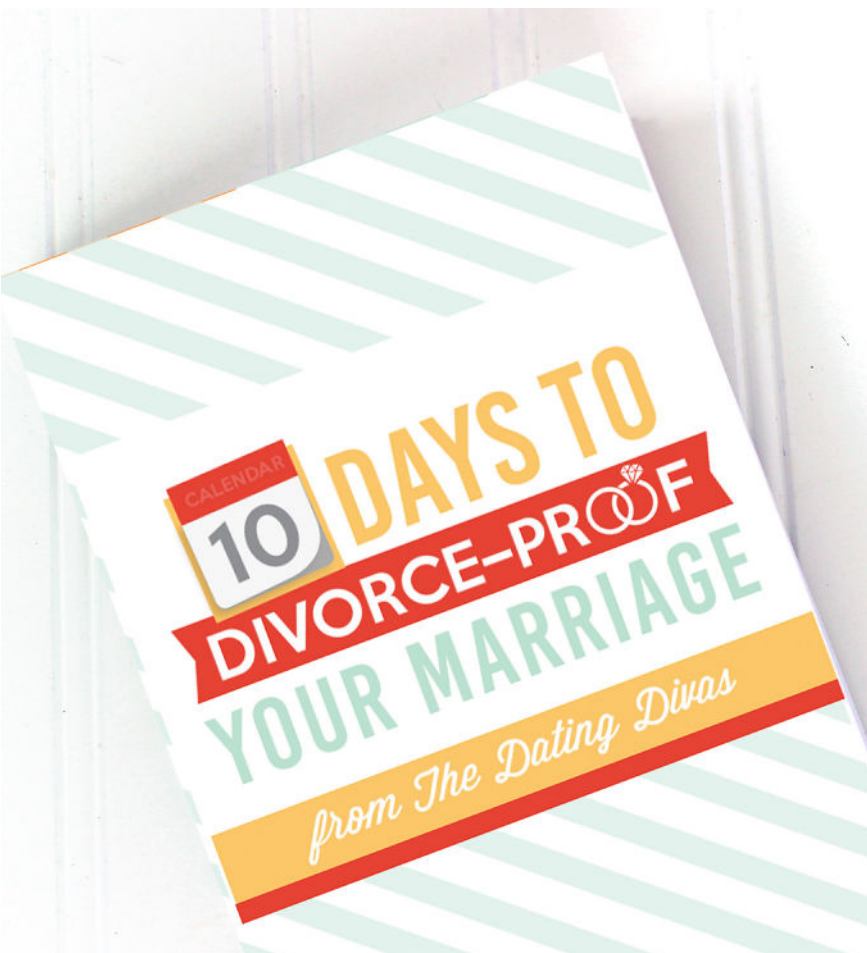




DAYS TO DIVORCE-PROOF YOUR MARRIAGE



from The Dating Divas



DAY *Overview*



DAY 1

FILL OUT DAY 1 | GOALS WORKBOOK PAGES

Print and hang your Goals Sticky Notes Sheet.



DAY 2

FILL OUT DAY 2 | DATING WORKBOOK PAGES

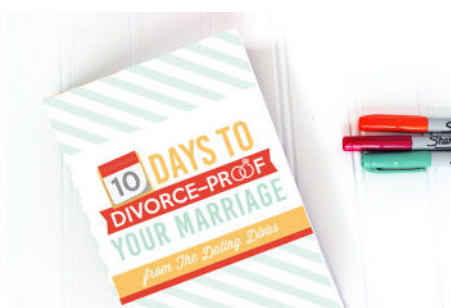
Print your Date Survey and give it to your spouse.



DAY 3

FILL OUT DAY 3 | SELF-ESTEEM WORKBOOK PAGES

Print and hang your Tear-Away Self-Esteem Boosters.



DAY 4

FILL OUT DAY 4 | COMMUNICATION WORKBOOK PAGES

Print and cut out your Communication Question Cards.



DAY 5



DAY 6

FILL OUT DAY 6 | RESPECT WORKBOOK PAGES

Print your Random Acts of Respect Bucket List.



DAY 7

FILL OUT DAY 8 | TRUST WORKBOOK PAGES

Complete and evaluate your Trust Test.



DAY 8

FILL OUT DAY 9 | FINANCES WORKBOOK PAGES

Print your Daily Spending Tracker.



DAY 9

FILL OUT DAY 10 | INTIMACY WORKBOOK PAGES

Print 2 copies of the Intimacy Interview and complete it with your spouse.



DAY 10

10 DAYS TO DIVORCE-PROOF

Your Marriage Workbook

INSTRUCTIONS

- Over the course of the next 10 days, this workbook is going to be your best friend. Each day you'll fill out 2 workbook pages related to that day's topic. These workbook pages will guide you through the entire process of divorce-proofing your marriage!
- To put together your workbook: First, print out the workbook cover and all 20 workbook pages. Then, fold all of the cover and workbook pages in half so the white/unprinted sides are touching. Place each workbook page inside of the folded cover page with the open edges of each workbook page touching the inside fold of the cover page. Make sure your workbook pages are in order by day. Close your cover page with all of the workbook pages stacked inside and staple all of your pages along the spine of the cover page.





DAYS TO

DIVORCE-PROOF
YOUR MARRIAGE

from The Dating Divas

DAY 1: Goals

"People with goals succeed because they know where they're going."
- Carl Nightingale



1 When these 10 days are over, my goal is that...

2 This goal is important to me and to my marriage because...

3 I'll know I'm making progress toward that goal in my marriage when I see the following changes:

a.

b.

c.

4 Here's what I'm going to do to get myself and my marriage to make those changes over the next 10 days:

PROGRESS GOAL #1:	PROGRESS GOAL #2:	PROGRESS GOAL #3:
1	1	1
2	2	2
3	3	3

5 MY GOAL FOR MY SPOUSE:

By the time these 10 days are up, my goal is that my partner thinks _____
feels, _____, and wants _____.

DAY 1: Goals



6 MY COMMITMENT

I _____ will commit to this goal by completing all 10 days of this journal and sharing my experience with my spouse when I'm done.

7 When I achieve this goal, my marriage will improve in the following ways...

8 When I complete this goal, I will reward myself (and my spouse) with...

9 I will do the following 3 things to make sure I use my 10-Day Workbook to take action on my goals every day:

1

2

3

SIGNATURE:

DATE:

DAY 2: Dating

"Dating is like the kindling that keeps the fires of passion growing and going strong in the relationship."
- Beth Steffanakis



1 Dating my spouse is important to our marriage because...

2 My favorite date nights are...

3 Not going on consistent dates makes me feel...

4 I would like to go on _____ dates per _____.

5 The things that keep us from dating consistently are...

MY DATING IDEAS:

1

2

3

DAY 2: Dating



6 Today's tasks to move us closer to my marriage goals are:

a. _____

b. _____

c. _____

7 Great WINS from working on goals yesterday...

8 Lessons I learned about goal setting in my marriage yesterday...

9 Today, I'm grateful for...

DAY 3: Self-Esteem

"Be nice to yourself! It's hard to be happy when someone's mean to you all the time."
- *Phyllis Diller*



1 My self-esteem is important because...

2 The qualities that make me feel good about myself are...

3 Three activities that would increase my self-esteem are:

4 Today I am going to work on improving my self-esteem by...

5 Circle the way you will help build your spouse's self-esteem over the next 8 days.

1. I will speak positive about my spouse, whether they are around or not.
2. I will give my spouse 3 sincere compliments each day.
3. I will write down 3 positive things I noticed about my spouse each day.
4. I will make a point of edifying my spouse to another person each day.

6 Watch "[Meet Yourself: A User's Guide to Building Self-Esteem](#)" and write your 3 biggest "Take-Aways" below.

1

2

3

DAY 3: Self-Esteem



7 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

8 Great WINS from working on dating yesterday...

9 Lessons I learned about dating my spouse in my marriage yesterday...

10 Today, I'm grateful for...

DAY 4: Communication

"Most people do not listen with the intent to understand; they listen with the intent to reply."
- Stephen R. Covey



1 Listening with the intent to understand is different than listening with the intent to reply because...

2 "I" statements (like "I am feeling exhausted.") are better to use than "you" statements (like "You don't help.") because...

3 One of the best ways to communicate well is to ask a lot of questions because...

4 Three reasons why it's a good thing that husbands and wives see things differently:

1

2

3

DAY 4: Communication



5 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

6 Great WINS from working on self-esteem yesterday...

7 Lessons I learned about self-esteem in my marriage yesterday...

8 Today, I'm grateful for...

DAY 5: Teamwork

*In marriage, do not compete with each other;
complete each other!*



1 I truly feel like I have a partner who's on the same team as me when...

2 Some of the things my spouse does to take care of our marriage, home, and family are...

3 Right now, the workload/responsibilities in our marriage are (circle one):

MOSTLY MINE MOSTLY MY SPOUSE'S EVENLY DISTRIBUTED

4 I think that's the case because...

5 Ways teamwork is affecting my goals for our marriage:

a.

b.

c.

DAY 5: Teamwork



6 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

7 Great WINS from working on communication yesterday...

8 Lessons learned from thinking about the communication in my marriage yesterday...

9 Today, I'm grateful for...

DAY 6: Respect

"What is love without respect? Love needs respect right from the start. Without it, love will not last. It will fade like all passions and infatuations. Respect is what you need when you are in for the long haul."
- *Steven Roberts*



DAY 6: Respect



1 I feel like my spouse respects me when...

2 I think that for my spouse, respect means...

3 Some ways in which I think we show one another respect now are:

1

2

3

4 Some ways I can show my partner that I respect their ideas and their contributions to our marriage are:

1

2

3

5 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

6 Great WINS from working on teamwork yesterday...

7 Lessons learned from thinking about the teamwork in my marriage yesterday...

8 Today, I'm grateful for...

DAY 7: Forgiveness

"A happy marriage is the union of two good forgivers."
-Ruth Bell Graham



1

To me, forgiveness means...

2

Forgiveness does NOT mean...

3

Knowing that forgiveness is a CHOICE and not just a feeling helps me because...

4

I am not perfect, either. Thinking of times when I have needed to ask for forgiveness makes me feel...

DAY 7: Forgiveness



5

Today's tasks to move us closer to my marriage goals are:

- a. _____
- b. _____
- c. _____

6

Great WINS from working on respect yesterday...

7

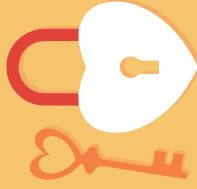
Lessons learned from thinking about the respect in my marriage yesterday...

8

Today, I'm grateful for...

DAY 8: Trust

"Fundamentally, trust is the belief that 'I am safe. You are safe. The world of us is safe.'"
-Sheri Meyers



1

I feel that trust in our marriage is...

2

I think my spouse feels that trust between us is...

3

To me, transparency in marriage means...

4

I feel most safe in our marriage when I know...

5

Ways I can work on trusting (and being trusted by) my spouse are:

1

2

3

DAY 8: Trust



6

Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

7

Great WINS from working on forgiveness yesterday...

8

Lessons learned from thinking about forgiveness in my marriage yesterday...

9

Today, I'm grateful for ...

DAY 9: *Finances*

*"It's not your salary that makes you rich; it's your spending habits."
-Charles C. Spaffie*



DAY 9: *Finances*



1 I would describe our current financial situation as...

2 I wish our finances were...

3 Saving is not a sacrifice because...

4 Thinking of a budget as a tool instead of a burden helps because...

5 Some ways I'm going to improve our outlook on our finances are:

1

2

3

6 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

7 Great WINS from working on trust yesterday...

8 Lessons learned from thinking about trust in my marriage yesterday...

9 Today, I'm grateful for ...

DAY 10: Intimacy

"When you lack intimacy in your marriage, it amplifies every other issue that arises."

-Jennifer Smith

1 I feel intimately connected to my spouse when...

2 To me, intimacy means...

3 My favorite type of touch is...

4 It is important to me that both my spouse and I are sexually satisfied because...

5 Some ideas I have to improve intimacy with my spouse are:

1

2

3



DAY 10: Intimacy

6 Today's tasks to move us closer to my marriage goals are:

a.

b.

c.

7 Great WINS from working on finances yesterday...

8 Lessons learned from thinking about finances in our marriage yesterday...

9 Today, I'm grateful for ...

GOALS STICKY NOTES

sheet instructions

Alright, let's get real. Setting goals is the easy part, right?! *STICKING* to them is crazy hard. But that's where the results happen, *SO Divas* to the rescue! Welcome to your Goals Sticky Notes! Pick a goal to work on each day for the next 10 days. We came up with a few ideas that we just think are universally awesome to help get you started. Choose which ones work best for you, make up your own, or mix and mingle yours and ours! Fill 'em out, clickity click print and then get to *STICKING* anywhere and everywhere—just as long as they're super visible! {If you're anything like us, a sticky note to the face might be just the reminder you need!}

Here's a how-to guide to get those bad boys printed:

1

Print your Goals Sticky Notes (on pages 18-20) on regular paper at 100% size.

2

Place a sticky note in each square of the template.

Tip: Make sure all corners are flat on the page and the note is centered within the square.

3

Place the paper back into the printer and double check its orientation.

Tip: Familiarize yourself with how your printer feeds paper to avoid printing upside down or on the wrong side of the paper. To avoid paper jam, you will want to ensure that the top edge of the notes (the sticky part) is pulled through the printer first.

4

Print the Goals Sticky Notes page one more time.

[illegible]

GOALS STICKY NOTES

Compliment
MY SPOUSE
3 *times*
TODAY.

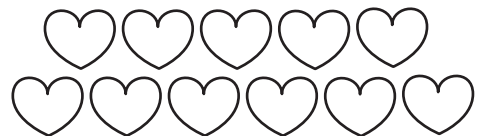
Write my
SPOUSE A
NOTE.

INVITE MY
spouse to
PRAY
with me.

TELL SOMEONE
3 *nice*
THINGS
ABOUT MY SPOUSE.


GIVE MY
spouse a
KISS.

DO AN ACT
OF SERVICE FOR
my spouse!



THE DATING DIVAS

Designed exclusively for TheDatingDivas.com by Paperelli www.paperelli.com

GOALS STICKY NOTES

DO ONE OF
MY SPOUSE'S
CHORES.



TREAT MY SPOUSE
better than
ANYONE ELSE.



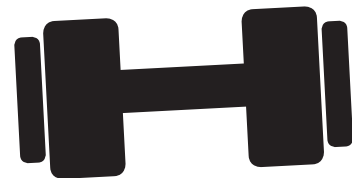
Give my
SPOUSE A
GIFT OR TREAT.

WRITE DOWN 5
POSITIVE
THINGS I NOTICED
ABOUT MY SPOUSE.

SCHEDULE
30 MINUTES
of "me" time.



BEGIN AN
exercise routine.



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GOALS STICKY NOTES

BEGIN READING A



RELATIONSHIP
BOOK

DON'T SAY
ANYTHING
negative.



SMILE
and make
EYE CONTACT.

.....



ORGANIZE
AND CLEAN UP
MY BEDROOM.

DON'T YELL
or
CRITICIZE.

Listen
MORE THAN
TALK.

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DIVE INTO *Dating*

Think back to the beginning of your relationship, when those can't-get-enough-of-you days were filled with butterflies in the stomach and plenty of date nights. There's no easier way to bring the connection and intimacy from those early days back into your marriage than through date nights! The key is figuring out what type of dates you'd both enjoy. Today's activity is perfect for all you dating dabblers, you die-hard daters, and every couple in between! Simply print the Date Survey below, cut it out, and fill in the blanks! Easy peasy! Then, give it to your spouse and ask them to circle their preferences. When they're done, you'll know exactly what kind of date to plan! Once that's hammered out, scheduling is a MUST. Like set-in-stone-on-a-calendar-type MUST! It really is that easy to get your dating life back on track!

Date Survey

I want to spend some
TIME WITH YOU!

Would you rather eat _____ for dinner?

a.

b.

c.

After dinner, would you rather _____?

a.

b.

c.

To end the night would you rather _____?

a.

b.

c.

Any other requests...?

Recommended DATE IDEAS

Now that we've worked through the nitty gritty, it's time for the FUN to begin. And boy do we have some fun in store for you! You're gonna LOVE these date ideas! We even organized them into helpful categories, so it'll be SUPER easy to pick the ones that are right up your alley and that fit YOUR marriage best! Just click on a date idea and it'll whisk you over to a post on our site with ALL the details and more free printables. Now go get your date night on!

FREE DATES

- Time to Unplug Date Night
- Spouse Speed Dating
- The Bookstore Date

AT HOME DATES

- Romantic S'mores Under the Stars
- Love Seat Lounge Date
- Popcorn Bar Date Night

QUICK & EASY DATES

- Date Night Intervention
- Pillow Talk with Your Spouse
- The Library Date Night

Self-Esteem BOOSTERS

"A strong, positive self-image is the best possible preparation for success."

-Dr. Joyce Brothers

TAKE ONE... AS NEEDED

I attract others with my positive attitude!

I am an incredible individual with unique gifts to share!

I have a resilient marriage, and it is worth fighting for!

I am deserving of goodness, love, joy and success!

My determination for excellence drives my unlimited potential!

I can do hard things and will obliterate obstacles that tell me otherwise!

I am filled with overflowing energy and happiness!

I have the courage to stand up for myself and others!

I am of infinite worth!

I have incredible confidence that will carry me through challenges!



COMMUNICATION

If your eyes are the windows to your soul, then your mouth is the door to your heart! Cheesy, maybe. But, so true! Sadly, we swing that door SHUT way too often. And that door of communication simply has to be wide open in order to share your heart with your spouse and let them in! Use these fun tools to help oil those hinges and keep those doors wide OPEN!

There are a couple ways to do today's activity:

1

You can sit down with your spouse and take turns asking each other these fun questions {HINT: This could totally be an easy date night!} Just **don't forget** to follow the Communication Ground Rules.

2

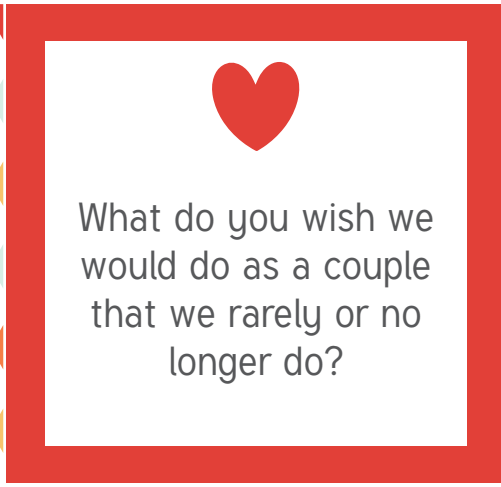
If you don't think your spouse will want to sit down to do this activity, you can simply incorporate these questions into your regular conversations during the week!

COMMUNICATION
GROUND
Rules

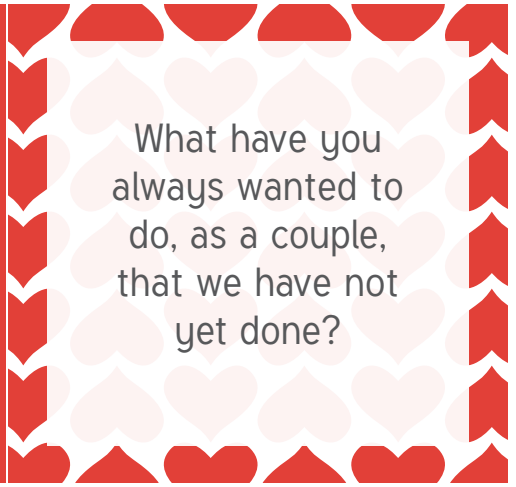
1. No interrupting until the other person is done talking.
2. Keep an open mind and listen to your spouse.
3. Use "I" {not "You"} statements.
4. No raising your voice.
5. Be thoughtful, kind, and honest.
6. If you don't understand their answer,
ASK MORE QUESTIONS!



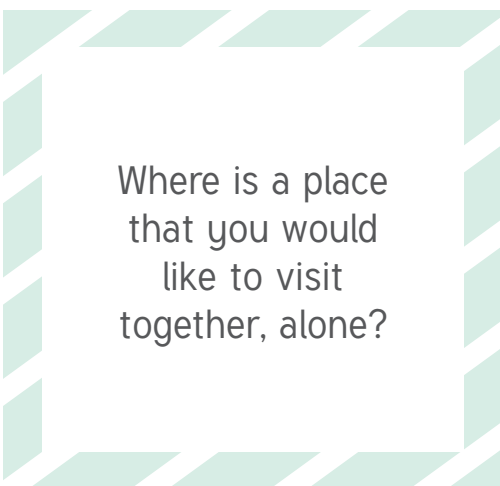
What did you most enjoy when we dated?



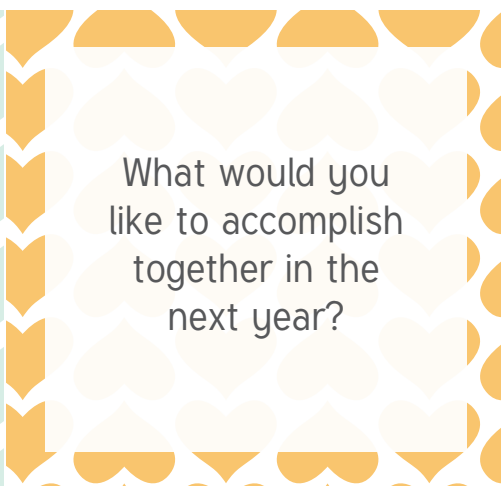
What do you wish we would do as a couple that we rarely or no longer do?



What have you always wanted to do, as a couple, that we have not yet done?



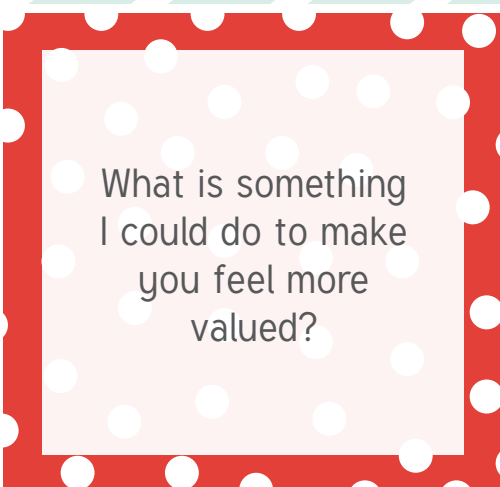
Where is a place that you would like to visit together, alone?



What would you like to accomplish together in the next year?



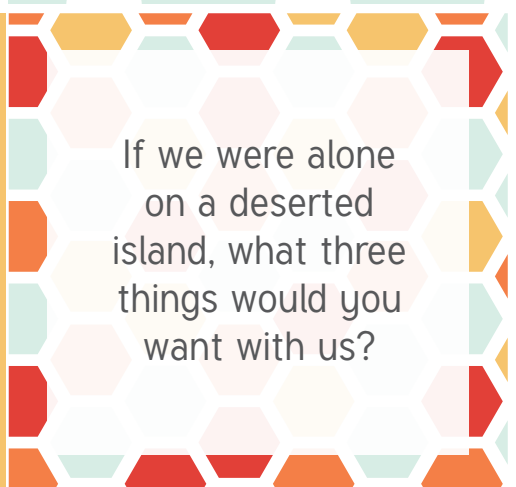
What is it that you find most attractive about me?



What is something I could do to make you feel more valued?



What are the things people do to make you feel respected?



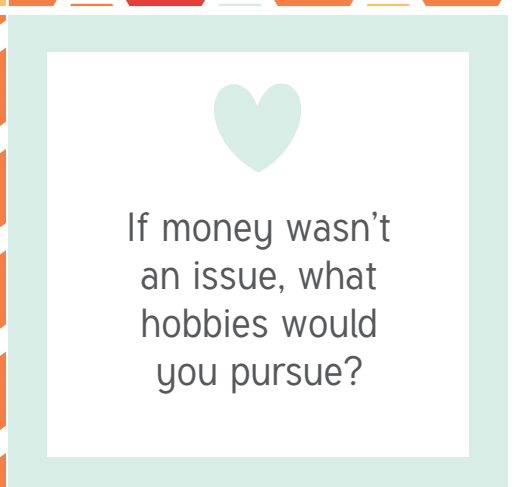
If we were alone on a deserted island, what three things would you want with us?



What does your "ideal" marriage look like?



Out of all of my clothing, which is your favorite outfit on me?



If money wasn't an issue, what hobbies would you pursue?



What is your
favorite
memory of
us?



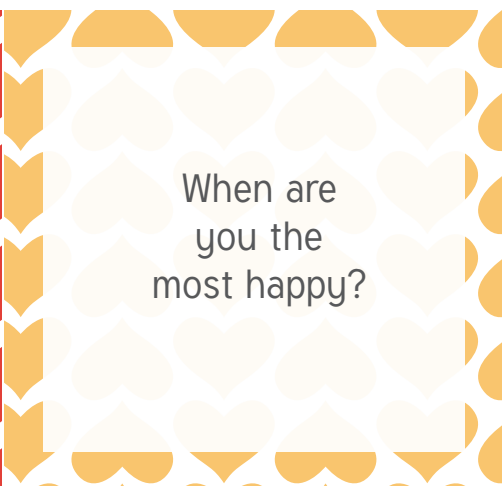
What types of
gifts do you like to
receive?



What do you
want to do
when we
retire?



What are your
favorite things
to eat?



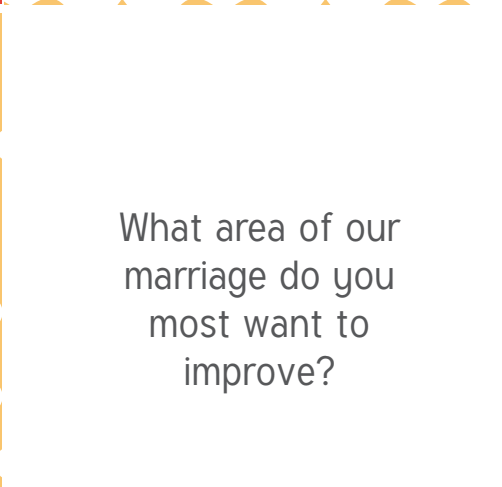
When are
you the
most happy?



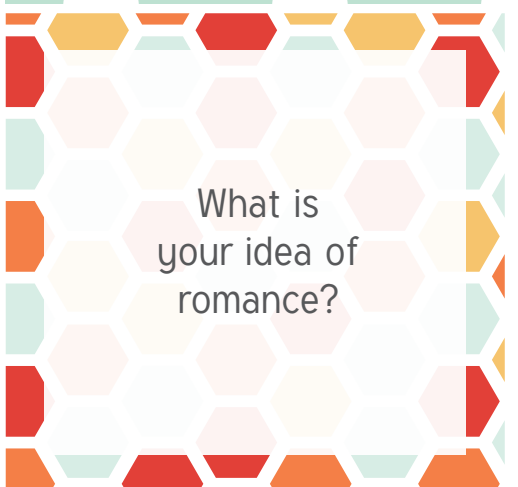
What is your
idea of the
perfect date?



What is your
favorite thing
about our
marriage?



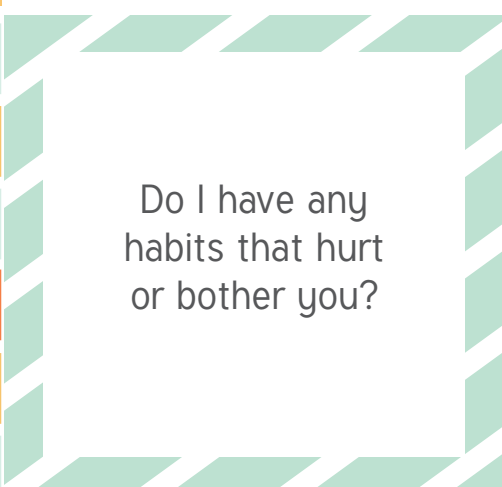
What area of our
marriage do you
most want to
improve?



What is
your idea of
romance?



What kind of
compliments
mean the most
to you?



Do I have any
habits that hurt
or bother you?



What can I do
to be a better
spouse?

THE HONEY DOES *List*

THINGS MY HONEY DOES:

**THE WAY IT
MAKES ME FEEL:**

RELATIONSHIPS CHORES WORK

DIVIDE & CONQUER

INSTRUCTIONS:

First, list everything that needs to get done. Then, take turns signing up or “volunteering” for one task at a time until they are all assigned. Finally, assign yourself “due dates” for each of your tasks, and check them off when they are completed and done! This is a great way to work together as a team to divide and conquer. You can do this daily, weekly, or monthly— just don’t forget the snacks {you need some FUEL to row that boat, after all!}.

[illegible]

Random Acts of **RESPECT**

WAYS TO RESPECT YOUR WIFE

- ☐ Speak highly of my wife to others.
- ☐ Compliment my wife on something she has been working hard on.
- ☐ Ask for my wife's opinion before making a big decision.
- ☐ Thank my wife for all of the hard work she does for us.
- ☐ Help my wife with a chore or task.
- ☐ Tell my wife why I appreciate her.
- ☐ Be cautious with how I spend our money.
- ☐ Avoid using a sarcastic tone.
- ☐ Kiss her before she leaves the house.
- ☐ Listen when my wife is talking to me.
- ☐ Show concern when my wife is concerned.
- ☐ Go the extra mile and plan a thoughtful evening for my wife.
- ☐ Take care of an item on my wife's to-do list, without being asked.
- ☐ Be my wife's number one fan.
- ☐ Tell my wife that I am proud of her.
- ☐ Show interest in what my wife is interested in.
- ☐ Make time to spend with my wife.
- ☐ Ask my wife for advice.
- ☐ Be honest with my wife, even if it's tough.
- ☐ Don't openly disagree with my wife in front of other people.
- ☐ Avoid being lazy in our relationship.
- ☐ Don't belittle my wife, for any reason.
- ☐ Be understanding when my wife doesn't completely understand my feelings.
- ☐ Don't insist on having the last words, unless those words are, "I love you."
- ☐ Greet my wife at the door with a welcoming smile.
- ☐ Prepare my wife's favorite meal.
- ☐ Get up early to do something special for my wife.

Random Acts of **RESPECT**

WAYS TO RESPECT YOUR HUSBAND

ROADMAP TO *Forgiveness*

"Holding a grudge doesn't make you strong; it makes you bitter. Forgiving doesn't make you weak; it sets you free."

- Dave Willis

Forgiveness is hard, we're not going to lie. But it is VITAL as you begin your journey towards freedom. If you don't forgive, YOU are the one burdened with that baggage, and that baggage can get mighty HEAVY. By filling out your Roadmap to Forgiveness, you can begin to unload that "baggage" that's weighing you down by opening each suitcase and looking at the contents inside. Once you can clearly see what you have packed away, you can eliminate those hurt feelings and begin living a lighter life.

F

I am Fearful

Because...

I can overcome this feeling by...

O

I am Offended

Because...

I can overcome this feeling by...

R

I am Resentful

Because...

I can overcome this feeling by...

Because...

I can overcome this feeling by...

I

I am Insecure

Because...

I can overcome this feeling by...

V

I am a Victim

Because...

I can overcome this feeling by...

E

I am Envious

Because...

I can overcome this feeling by...

TRUST TEST

Answer each question truthfully by circling the words: *Never, Sometimes, Often, or Always*. When you are done, evaluate how you did. From your spouse's point of view and based on your answers to this test, do you think you are trustworthy?

My spouse can depend on me when I say I will do something.

NEVER SOMETIMES OFTEN ALWAYS

I pay attention to the clock and am ready when I say I'll be.

NEVER SOMETIMES OFTEN ALWAYS

I complain about my spouse to others.

NEVER SOMETIMES OFTEN ALWAYS

I hide purchases from my spouse.

NEVER SOMETIMES OFTEN ALWAYS

I could share my text history with my spouse.

NEVER SOMETIMES OFTEN ALWAYS

My spouse would be disappointed in my internet browsing history.

NEVER SOMETIMES OFTEN ALWAYS

I respect my spouse when we are apart.

NEVER SOMETIMES OFTEN ALWAYS

I contact past flames on social media.

NEVER SOMETIMES OFTEN ALWAYS

I have deep personal conversations with members of the opposite sex.

NEVER SOMETIMES OFTEN ALWAYS

I text or call romantic interests from my past.

NEVER SOMETIMES OFTEN ALWAYS

I struggle with an addiction my spouse doesn't know about.

NEVER SOMETIMES OFTEN ALWAYS

I hide things from my spouse.

NEVER SOMETIMES OFTEN ALWAYS

I would be nervous for my spouse to go through my phone.

NEVER SOMETIMES OFTEN ALWAYS

I flirt with other people besides my spouse.

NEVER SOMETIMES OFTEN ALWAYS

I put my wishes before my spouse's.

NEVER SOMETIMES OFTEN ALWAYS

I think of myself first.

NEVER SOMETIMES OFTEN ALWAYS

I keep secrets from my spouse.

NEVER SOMETIMES OFTEN ALWAYS

I fantasize about other men/women.

NEVER SOMETIMES OFTEN ALWAYS

I don't go where I say I'm going.

NEVER SOMETIMES OFTEN ALWAYS

I pull my weight at home.

NEVER SOMETIMES OFTEN ALWAYS

Daily Spending TRACKER

They say ignorance is bliss, but clearly they weren't talking about MONEY! If you don't know where your money is going, you'll always feel broke, regardless of how much you make. That lends itself to an endless string of financial fights. Today's activity will put the power back in your hands and allow YOU to control your money. It's a simple tool, but it packs a power financial punch! Use this to track ALL your spending (yep, every last penny!) for the next three days. Divide purchases by needs and wants so you know EXACTLY where your money is going. You might find that it's harder than it seems, but the surprising results will be well worth it!

[illegible]

INTIMACY♥INTERVIEW

Print 2 copies and ask your spouse to complete one with you. When you're done, swap interviews, compare answers, and discuss how you can add some pizzaz to the bedroom.

1. To me, intimacy means...

2. Talking about intimacy together is difficult because...

3. How often do you desire to be physically intimate?

4. I feel sexually satisfied when we...

5. You can help our intimacy by...

6. I like it when we...

7. I don't like it when we...

8. It takes my breath away when...

9. I wish we could...

10. Intimacy is difficult for me when...

11. Intimacy is easier for me when...

12. Can we:

