



Week 1

#onesmallchange challenge!

WELCOME!

WE'RE SO GLAD YOU JOINED OUR CHALLENGE
AND ARE READY TO MAKE #ONESMALLCHANGE
TOWARDS NURTURING YOUR MARRIAGE!

GOOD THINGS ARE BOUND TO HAPPEN WHEN
YOU COMMIT TO LITTLE CHANGES.

THE INSTRUCTIONS HERE ARE SIMPLE.

READ THROUGH THE CHALLENGE ON OUR
WEBSITE NURTURINGMARRIAGE.ORG. PRINT
OUT THE LAST FOUR PAGES OF THIS PDF. FILL
OUT THE WORKSHEET. MAKE YOUR
#ONESMALLCHANGE. REPORT BACK.

HAPPY NURTURING!
~ AARON & APRIL ~



Week 1 #onesmallchange challenge! Worksheet

WEEK 1 - YOUR SPOUSE HAS A NEED
YOU CAN MEET.

LIST YOUR SPOUSE'S TOP TEN NEEDS.



Week 1 #onesmallchange challenge! Worksheet

RE-THINK THINGS. LOOK THROUGH THIS LIST AND PLACE A CHECK NEXT TO ANY NEED YOU THINK YOUR SPOUSE MAY HAVE THIS WEEK.

SHOW INTEREST IN MY HOBBIES
HAVE MEANINGFUL SEX
SHOW GENTLE AFFECTION
APPRECIATE ME
SUPPORT ME
GIVE ME SPACE
LAUGH MORE
BE GENEROUS
BE FLEXIBLE
LOVE YOURSELF
COMPLIMENT ME
PROTECT ME
STAY BY MY SIDE
LET ME BE FREE
BE KIND TO ME
BE LOYAL TO ME
TELL ME YOU LOVE ME
BE SPONTANEOUS
ENCOURAGE ME

FEED ME
RESPECT ME
HELP WITH THE KIDS
LET ME HAVE A NIGHT OFF
DESIRE ME
HAVE ADVENTURES WITH ME
TELL ME I'M ATTRACTIVE TO YOU
BE PATIENT WITH ME
PAY ATTENTION TO THE DETAILS
BE HONEST WITH ME
TEXT OR CALL ME
WATCH A SHOW WITH ME
TAKE CARE OF YOURSELF
SPEND TIME WITH ME
CUDDLE WITH ME
LISTEN TO ME
TALK TO ME
HELP ME RELAX



Week 1 #onesmallchange challenge! Worksheet

NOW GO BACK THROUGH BOTH OF YOUR
LISTS AND CIRCLE YOUR SPOUSE'S TOP
THREE NEEDS.

LIST HIS/HER TOP THREE NEEDS HERE.
NEXT TO EACH NEED WRITE DOWN ONE
SPECIFIC THING YOU COULD DO THIS
WEEK TO MEET THAT NEED.

NEED #1:
SPECIFIC ACTION #1:

NEED #2:
SPECIFIC ACTION #2:

NEED #3
SPECIFIC ACTION #3



Week 1 #onesmallchange challenge! Worksheet

NOW PICK YOUR #ONESMALLCHANGE AND
WRITE IT DOWN HERE.

MY #ONESMALLCHANGE:

WHEN YOU ARE GOING TO DO IT?

HOW YOU ARE GOING TO DO IT?

WHY YOU ARE GOING TO DO IT?