



Week 2

#onesmallchange challenge!

WELCOME TO WEEK 2!

WE'RE SO PROUD OF YOUR EFFORTS TO MAKE
#ONESMALLCHANGE EACH WEEK TO
NURTURE 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 2 #onesmallchange challenge! Worksheet

WEEK 2 - YOUR SPOUSE DESERVES
RESPECT.

ANSWER THE FOLLOWING QUESTIONS:

WHAT DID RESPECT LOOK LIKE AT THE
BEGINNING OF YOUR RELATIONSHIP WITH
YOUR SPOUSE?

IN YOUR SPOUSE'S FAMILY OF ORIGIN, HOW
DO/DID HIS/HER PARENT(S) OR SIBLINGS
SHOW RESPECT FOR EACH OTHER?

IN WHAT WAYS HAVE OTHERS SHOWN
RESPECT FOR YOUR SPOUSE (WORKPLACE,
COMMUNITY, ETC)?

HOW DOES YOUR SPOUSE RESPOND WHEN
YOU SHOW RESPECT FOR HIM OR HER?



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WHAT RESPECT LOOKS LIKE - A FEW IDEAS TO
GET YOU THINKING!

KEEP A PROMISE.
SAY THANK YOU.
HOLD OPEN HER DOOR.
COMPLIMENT HIM IN PUBLIC.
BE GENTLE WITH HER FEELINGS.
ADMIT SHE WAS RIGHT.
DO SOMETHING TO MAKE HIS LIFE EASIER.
APOLOGIZE.
SPEAK HIGHLY OF YOUR RELATIONSHIP.
BE UNITED IN YOUR PARENTING.
BE OPTIMISTIC AND ENCOURAGING.
SMILE AT EACH OTHER.
RECOGNIZE THERE IS MORE THAN ONE RIGHT
WAY.
NEVER CRITICIZE OR DEMEAN.
ACKNOWLEDGE AND FOLLOW HIS ADVICE.
FIND A WAY TO SERVE.
LISTEN FOR UNDERSTANDING.
HELP AROUND THE HOUSE.
SINCERELY COMPLIMENT HIM OR HER.
EXPRESS APPRECIATION FOR ALL HE/SHE DOES.



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NOW, IN EACH OF THE FOLLOWING CATEGORIES WRITE DOWN ONE WAY YOU COULD SHOW RESPECT FOR YOUR SPOUSE THIS WEEK (BE SPECIFIC). WHAT WILL HELP YOUR SPOUSE FEEL CARED ABOUT, APPRECIATED, LISTENED TO, AND SUPPORTED?

LOYALTY -

INTIMACY -

MANNERS -

DECISION-MAKING -

COMMUNICATION -

CONFLICT -

SUPPORT -

APPRECIATION -

LOVE -



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FINALLY, PICK ONLY ONE OF THOSE SPECIFIC ACTIONS TO BE YOUR #ONESMALLCHANGE FOR WEEK 2.

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?