

## Enhancing your Commitment Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- Verbally remind my partner of how committed I am to the relationship.
- Have a positive attitude: Believe in my spouse and myself.
- Let go of unrealistic expectations and go with the flow.
- Express appreciation to my spouse regularly.
- Listen more attentively and openly to my spouse, without judgment – only support.

Record the outcomes or experience of my actions: \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_



*“When you can’t change the direction of the wind – change the direction of your sails.”*

*–H. Jackson Brown, Jr.*