

Better Together

TOOLS FOR A LASTING MARRIAGE

PART 4: BETTER YOU

One of the best things we can do for our marriage is to be the best version of ourselves. We'll talk about developing the habit of self-care and why it's so important in a healthy marriage.

CONNECT

Take a few minutes to discuss the following questions as a group.

1. What kinds of things help you to be the best version of yourself?
2. When you think of self-care, who do you know that does it well? What does it look like for them?

LEARN

Watch the video for **Part 4: Better You**.

APPLY

1. In what ways do you think culture puts pressure on us to be "on" or available all the time?
2. If we all want to be the best version of ourselves, what kinds of things keep us from that?
3. What forms of self-care would help you to be a Better You? (*See the list on the next page for suggestions.*)
4. Are you doing anything regularly that would count as self-care? If so, what are you doing? If not, what would it look like to start small and set aside a bit of time in your week for self-care?
5. What could you do to move from awareness that your spouse needs time to recharge to alignment and actually helping to make it happen?

BEFORE NEXT TIME

This week, set aside some time for each of you to be able to rest and recharge. Come up with a plan and then do everything you can to make it happen. Be ready to share your experience with the group next time.

PRAY

Take a few minutes to allow group members to share any prayer requests and end your time together in prayer.



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SELF-CARE IDEAS

(Here's just a few to get you started!)

- Go for a walk.
- Meet a friend for lunch.
- Take a bath.
- Pray.
- Workout.
- Read a book.
- Take a nap.
- Watch a movie.
- Read your Bible and have time alone with God.
- Meet with a counselor or mentor.
- Journal.
- Practice deep breathing.
- Listen to a podcast.
- Cook your favorite food.
- Say yes to something fun.
- Plan a trip.
- Light your favorite candle.

