



Where to start...

This is the hardest part. Starting. Where do we begin? Where do we find the time? What do we say? What do we ask?

This marriage journal is a guide to help you open and connect with your partner in a time friendly, easy and fun way!

All you have to do is BEGIN!



Step 1

Daily or Weekly?

Making the time is hard! I know! With work, children and other responsibilities we tend to get caught up in it all and forget to have actual communication with our partners. Not telling your partner the kids need something or the trash needs to be taken out...actual communication.

So, the decision is yours. Journal daily or weekly?

Change it as you go! Try weekly and if you feel like you want more of a challenge slowly journal daily! It is whatever works best with your schedule!



Step 2

LET'S GET TOGETHER

Planning is key! You have to put in the time to keep you and your partner's communication strong. Get together. Look at your schedules and decide if you want to journal daily or once a week. Use the provided calendar to come up with a schedule that works best for you!

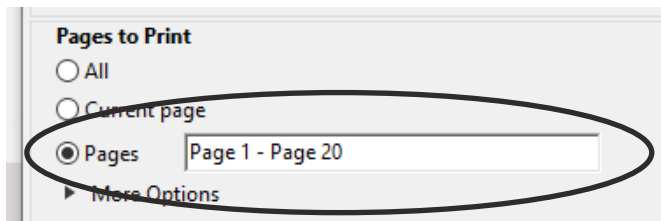
PRINTING INSTRUCTIONS



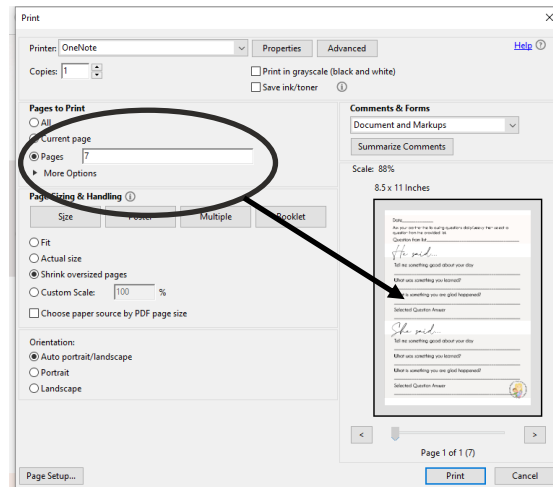
PRINTING INSTRUCTIONS

READ ME!!! This journal has pages that need to be printed multiple times. Please follow the instructions below.

- You can print individual pages by changing your settings in your print preferences box.



If you only want to print one page, type the page number in the **pages to print box** and it will only print that individual page.



- Page 5** is your *calendar template* that you can print 12 copies of or print one at a time as needed.
- Page 7** is your “*Worksheet*”. This page is where you will write you are your partner’s answers and can be printed weekly or monthly depending on what plan you and your partner choose. The best part about this printable is that it is completely up to you what course you take!
- Pages 9-20** can be printed once or you can download them to your device and reference them that way. I prefer to have a printed copy so that I can check off the questions we have already asked.



YOUR CALENDAR TEMPLATE

SUN	MON	TUE	WED	THU	FRI	SAT

Fill in the calendar with yours and your partner's availability. Decide if you want to journal daily or weekly.



Step 3

Ask and Write

Communicate with your partner using the *He said, She Said* Guide. It asks the same questions daily/weekly:

Tell me something good about your day
How could you have used help?
Could I have helped you in any way?

What is something that you are glad happened?

Then select a random question from the list provided. These questions are meant to go outside of the day to day questions we robotically ask. Have fun with it! Create your own questions!

Communicate!

HE SAID, SHE SAID GUIDE



Date _____

Ask your partner the following questions daily/weekly then select a question from the provided list.

Question from list _____

He said...

Tell me something good about your day

What was something you learned?

What is something you are glad happened?

Selected Question Answer

She said...

Tell me something good about your day

What was something you learned?

What is something you are glad happened?

Selected Question Answer



Step 4

Select a Question

Select a question from the provided list!
Have fun with these questions and don't
let the answers be one worded! Let them
be the foundation to a deeper
conversation!

365 QUESTIONS TO ASK YOUR PARTNER



365

DAYS OF QUESTIONS

- How would you describe yourself to a stranger?
- What brings you joy and why?
- What was your favorite show growing up?
- Describe the perfect day
- Describe your perfect date
- What is your dream vacation?
- If money were not an issue, what would you buy?
- What is your dream meal?
- Who is someone you would like to meet and why?
- How would you describe me to a stranger?
- What band would you like to see?
- What gift did you receive that was meaningful?
- What is your favorite holiday and why?
- Have you ever laughed at something it made you cry? What was it?
- What do you like most about yourself?
- What made you love me more today?
- What is your fondest memory of us?
- What is your fondest memory of your past?
- Who is the most intelligent person you know?
- What is the worst meal you have ever eaten?
- What are three things you think of through the day?
- What was your favorite class in school?
- Who was your favorite teacher?
- When have you felt the most loved?
- How do I make you a better person?



- If you could go back in the past. Where would you go?
- What has made you sad?
- If you could meet someone important in history, who would it be?
- What about me got your attention?
- What was the best vacation you have ever taken?
- How can I pray for you right now?
- Does anything give you anxiety?
- What is your greatest regret?
- Do you think you inherited any of your parents traits?
- Who in my family do I remind you the most of?
- Are you satisfied where you are in life right now?
- Do I appreciate you enough? Could I improve?
- If you could be an animal, what would you be?
- What would be your dream job?
- What country would you like to visit?
- Is there a language you have wanted to learn? Why?
- Are you afraid of any kind of travel?
- What is your favorite band?
- What is your favorite snack?
- What is your favorite movie?
- If you could tell someone anything what would it be?
- What is your favorite animal?
- Is there a restaurant you have been wanting to try?
- Do you think we communicate enough?
- How can I help you this week?
- Is there anything I can do to help you this week?
- What is the first thing you would do if you won the lottery?
- If you could have any animal as a pet what would you have?
- What city have you always wanted to visit?
- What career would you choose for me?
- When you first saw me, what did you think?
- If you were to describe your life in 5 words, what would they be?
- Do you prefer the movies or bowling?
- What is a sport you like to play/wish you played?



- What do you think Heaven would be like?
- Would you be open to traveling to space?
- What are you the happiest about in life right now?
- What is your favorite book?
- Who is your favorite author?
- When do you consider your *glory days* to be?
- What is your favorite color?
- What is your favorite fruit?
- What is your favorite drink?
- What are you the most afraid of?
- Who is your life do you most admire?
- If you could spend a month anywhere, where would it be?
- What invention could help make your life easier?
- What is your favorite dessert?
- Do you think we could be wiser with our money? How?
- What event past/present do you wish to witness?
- What is the kindest thing you have witnessed?
- What is the kindest thing you have done?
- What is the kindest thing I have done for you?
- What is your favorite memory of us?
- What is your favorite way to relax?
- What do you hope for in the future?
- Do you think we fight fairly?
- Do you enjoy the beach or mountains more?
- What is your favorite season?
- What is your dream vehicle?
- If you had an hour of free time, how would you spend it?
- Is there a hobby you'd like to start?
- Is there a law you are not fond of?
- What is the most random thing you have eaten?
- Do you like to travel?
- Do you like to swim?
- Do you like hiking?
- Do you like exercising?



- Is your home a haven for you?
- What is your fondest memory of elementary school?
- What is your fondest memory of high school?
- What is your favorite holiday memory?
- Who do you consider to be your greatest strength?
- What do you consider to be threats to our marriage?
- Is there something you have been wanting to ask me?
- Tell me about a vivid dream you have had
- Do you find it easy to trust in God
- What are you having difficulty with right now?
- Is there a topic you wish we would stop arguing about?
- What were you afraid of as a child
- How do you know that I love you?
- Is there something I could do to show you that I love you?
- What is a hobby that you think we could do together?
- What event past/present do you wish to witness?
- How can I be a better friend to you?
- What is on your bucket list?
- What is the biggest challenge you have overcome?
- What was the best party you went to?
- What would you go as to a costume party?
- What was your first job?
- Is there anything you would do differently?
- What is your favorite memory during the summer?
- What is your favorite hobby?
- What is your favorite memory about our wedding?
- What is your fondest memory of us?
- If you had a warning label, what would it say?
- What could you not live without?
- Name three things you would want if stranded on an island?
- Would you like to take walks, hike or do something outdoors together?
- If you had to change something about yourself, what would you change?
- Name a time God provided exactly what you needed
- What is something that I say a lot/do a lot?



- What are some ways we could show more affection?
- Do you have a favorite kind of ice cream?
- What is your favorite kind of pie?
- What would be your new years resolution?
- Name three goals you have
- Do you trust God's timing?
- Are you confident in your faith?
- What is your favorite restaurant?
- What was your favorite toy growing up?
- What was your favorite birthday?
- Do you feel like time has gone by too quickly?
- Is there something you want to buy right now?
- Would you stay in an igloo overnight?
- Have you ever been outside the country? Do you want to?
- Do you have a favorite place to shop?
- What age do you consider to be old?
- What do you hope people say about you?
- What is your favorite tradition?
- What is your favorite thing about Christmas?
- What is your favorite holiday side dish?
- Do you have a favorite kind of candy?
- What is your favorite movie snack.
- What is your favorite Christmas song?
- What would you become famous for?
- What would I become famous for?
- What are your favorite qualities in a person?
- What do you look for in a friend?
- What is your favorite Disney movie?
- What are three things you value?
- What is one of your pet peeves?
- Do you like the summer or winter more?
- What is the first thing you notice about people?
- What would you change about your job?
- Where would you like to see us in 5 years?



- Where would you like to see us in 10 years?
- Where would you like to see us in 20 years?
- Do you want to go to your high school reunion?
- What are your 3 top priorities?
- Is there anyone you wish you could apologize too?
- If you were granted one wish, what would it be?
- What do you wish to succeed in?
- What would you tell your younger self?
- Are you more like one of your parents? How?
- What is your favorite spot in our home?
- How would you describe love?
- How would you describe our love life?
- What is the hardest life change you have had to overcome?
- What is something that makes you angry?
- What is something that makes you sad?
- What is something that makes you happy?
- If you were placed in a Hogwarts house, which one would you be in?
- Is there something you wish you knew more about?
- What little things do I do that let you know I appreciate you?
- What are some ways that I can make your life easier?
- What is something that we do together that you enjoy?
- Is there a tradition you want to start?
- What was your favorite Halloween costume growing up?
- What was your favorite song growing up?
- Did you have any poets as a kid?
- Did you ever get into trouble as a kid?
- Were you ever sent to the office in school?
- Have you ever broken a bone?
- Have you ever had surgery?
- Does aging scare you?
- What did you do as a child you wish you could do now?
- Are you nervous about anything coming up this week?
- Are you excited about anything coming up this week?
- When did you know you wanted to marry me.?



- Is there a song you know all the words too? Sing it!
- Is there a movie you could watch on repeat?
- Do you have a favorite article of clothing?
- Is there a place you would not go?
- What in the news has caught your attention?
- Name a memorable movie line/quote
- What is your favorite quote or saying?
- What three words come to mind when you think of me?
- Is there a date you have wanted to take me on?
- Where would your dream place to live be?
- Who is your hero?
- Who is your favorite super hero?
- Do you have a favorite kind of cookie?
- If you won a shopping spree, what store would you like it to be to
- What would be your dream job?
- Do you like to celebrate birthdays?
- How are you different than your childhood self?
- On a scale of 1-10, rate our sex life
- What is one item you would save if our house was burning down
- What is the greatest gift you have ever received?
- What is the craziest thing you have ever done?
- In what ways can I show you I love you this week
- What is your favorite memory of us when we were dating
- If you got a tattoo where/what would you get
- Who in your life have you struggled to forgive?
- What is the funniest memory/story you have of you as a kid
- Where was the best meal you ever had?
- If you had to give a speech about something, what would it be about?
- How would you describe romance?
- Who would you trade lives with for the day?
- How do you want to be viewed as by me?
- Are you nervous about any future health issues?
- What do you want to pray about more?
- What did you want to be when you grew up?



- Do you have a favorite bible verse?
- What is your idea of a romantic evening?
- Can I help you face any obstacles or fears you may have?
- Have I forgotten to do something you have asked me to do?
- Do you think that our marriage is on the right track to succeed?
- Do you feel safe talking to me? Sharing things with me?
- Is there something I have done lately that has impressed you?
- How can I be more present in our marriage/relationship?
- How can I be more encouraging?
- Is there anything I can do to lighten your work load?
- Is there something you wish I did more often?
- Are we investing our time well?
- What is your ideal night off/away?
- Tell me 5 random facts about yourself
- What are some of your guilty pleasures?
- What do you want to do when you retire?
- Tell me your dream weekend?
- What would you like to do this weekend?
- What are your plans this week?
- What are your plans this weekend?
- Tell me 5 of the most happiest moments in your life
- On a scale of 1-10, what is the most pain you have ever been in
- What's the worst advice you have ever been given?
- What is your most embarrassing moment?
- Would you rather stay in or stay out?
- Do you prefer sunrises or sunsets?
- What do you feel most grateful for in your life right now?
- What is something you are looking forward to today? Why?
- What is something you are looking forward to this week? Why?
- What is something you are looking forward to month? Why?
- What has surprised you most about life?
- How would you describe our family?
- What are some topics you find difficult to talk about?
- How am I different than when we first met?



- Is there something you have always wanted to do but haven't?
- What is your favorite board game?
- If you could have one super power, what would it be?
- What is the funniest movie you have ever seen?
- If you could choose an age to stay forever, which would you choose?
- Do you have any phobias?
- Do you prefer to live in a rural, suburban or urban setting?
- How has our relationship changed you?
- What can I do for you when you come home?
- Is there anything you would change about your childhood?
- What is something that your parents taught you that you appreciate now?
- What overwhelms you?
- What would you like to do together more as a family
- What is something that you would like us to do in the future together
- What is something that makes you happy
- How would you describe your relationship with God right now?
- What do you like most about our marriage?
- What are some of your greatest hopes?
- What is the first life changing moment that comes to your mind?
- Which parent are you closer to and why?
- What makes you feel accomplished?
- What values would you like to pass on to your children?
- Do you value others opinions?
- Would you go on a cruise?
- Would you go on a vacation to the desert?
- Do you believe in ghosts?
- What is the best way to cheer you up when you are in a bad mood?
- Would you move?
- What is something that people misunderstand about you?
- What is something you would like to accomplish this year?
- What are you the most proud of?
- What qualities in me do admire most?
- What qualities do you admire most in your parents?
- What is something you cant go a day without doing?



- What is one dream you have yet to accomplish?
- What are three things you value most in a partner?
- Who are the 5 people you are closest to?
- What is the most exciting thing that has happened this past year?
- What is something that is bothering you in the world today?
- What do you think is the weirdest thing about you?
- What was your favorite subject in school?
- Do you consider yourself to be a morning person or night person?
- Are you bored with anything in your life right now?
- Were your parents strict growing up?
- What is the greatest risk you have ever taken?
- What was the silliest rule you had growing up?
- Is there a song that puts you in a good mood?
- What fictional character can you relate to?
- At what time in your life were you at your happiest?
- If you believed in reincarnation, what would you come back as?
- What is your craziest drunk story?
- What is your deepest fear?
- What makes you feel like you need some time alone?
- If given the chance to live forever, would you?
- Do you have a role model?
- Do you consider yourself a democrat or republican?
- Do you trust others easily?
- Have you ever felt like you are living your life to the fullest?
- What do you think is the meaning to life?
- What has impacted your beliefs?
- Where do you find meaning in your life?
- What do you do for the people you love in your life?
- If you could be anywhere right now, where would it be?
- Have you ever had a reoccurring dream or nightmare?
- Tell me a stupid joke that made you laugh
- Would you rather explore space or the ocean?
- Which of these affects you the most? greed, anger, jealousy and hate.
- How do you deal with your stress?



- What are you embarrassed of?
- Do you prefer to shop in person or online
- What vehicle would you drive for the rest of your life
- Do you like to be outside or inside more
- What is your favorite tv show?
- If your life was a movie, what would the title be?
- What is your favorite outdoor activity?
- Have you ever been canoeing/kayaking?
- Are you afraid of any kind of weather?
- What would your dream house be like?
- What are 5 things you want to teach your children?
- Do you have any favorite sport teams?
- Have you done any winter sports? Ice skating/ skiing/ snow boarding
- Do you like amusement parks?
- What is the most romantic thing you have ever done?
- How do you handle pain?
- What is your biggest turn on?
- What is your biggest turn off?
- Do you think your life has changed over the past year?
- Do you ever feel stuck in life?
- What would you like to do to add excitement to our relationship?
- Do you like trying new things?
- How would you like to be remembered?
- How can I make your day better?
- If you could change one thing about your job, what would it be?
- How have you been feeling lately?
- What is something that we used to do that you'd like to do again?
- Is there something that we have never done together that you would like to try?
- What is something that I have done that made you happy?
- What is the best part about us being together?
- Is there something that you need that I am not giving you?
- Is there anything that I do that hurts you?
- What meal would you eat everyday for the rest of your life?
- If you could live one day over again, what would it be?



- What are you embarrassed of?
- Do you prefer to shop in person or online
- What vehicle would you drive for the rest of your life
- Do you like to be outside or inside more
- What is your favorite tv show?
- If your life was a movie, what would the title be?
- What is your favorite outdoor activity?
- Have you ever been canoeing/kayaking?
- Are you afraid of any kind of weather?
- What would your dream house be like?
- What are 5 things you want to teach your children?
- Do you have any favorite sport teams?
- Have you done any winter sports? Ice skating/ skiing/ snow boarding
- Do you like amusement parks?
- What is the most romantic thing you have ever done?
- How do you handle pain?
- What is your biggest turn on?
- What is your biggest turn off?
- Do you think your life has changed over the past year?
- Do you ever feel stuck in life?
- What would you like to do to add excitement to our relationship?
- Do you like trying new things?
- How would you like to be remembered?
- How can I make your day better?
- If you could change one thing about your job, what would it be?
- How have you been feeling lately?
- What is something that we used to do that you'd like to do again?
- Is there something that we have never done together that you would like to try?
- What is something that I have done that made you happy?
- What is the best part about us being together?
- Is there something that you need that I am not giving you?
- Is there anything that I do that hurts you?
- What meal would you eat everyday for the rest of your life?
- If you could live one day over again, what would it be?

