

# Marriage Booklet and Inventory

**Daisy Lamb**

*Coaching* 

“Life is short. Kiss slowly, laugh insanely, love truly and forgive quickly.”-Paulo Coelho

“We are most alive when we're in love.”-John Updike

“Relationships are the sweet treasures in life, that make it beautiful and full!” -Daisy Lamb

“Marriage is the most trusting step in any human relationship. It's a real act of faith. The very nature of the endeavor requires that you hold onto each other as tightly as you can and jump.” -Jeffrey R. Holland

“The secret to a happy marriage is simple: put the needs of your spouse above your own.” -Richard G. Scott

“Be a good listener. Encourage your companion. Show appreciation. Avoid contention.” -Marjorie Pay Hinckley

“Happiness in marriage and parenthood can exceed a thousand times any other happiness.” -James E. Faust

“In a marriage, small acts of kindness can create great bonds of love.” -Dieter F. Uchtdorf

“Marriage, like a garden, needs constant care and attention.” -M. Russell Ballard

“Tenderness and respect—never selfishness—must be at the heart of any marriage.” -Howard W. Hunter

“The most important decision of your life will be the individual you marry.” -Joseph B. Wirthlin

“A friend is someone who knows all about you and still loves you.” -Elbert Hubbard

# You are Important to Me! So I want to Know Everything I can About You!

## Dates

- Date of Birthday:
- Date of Anniversary:
- Other Important Date(s) to Remember:

## Sizes

- Size of shirt:
- Size of shoe:
- Size of neck:
- Size of dress:
- Size of pant:
- Bra size:
- Size of ring finger(s):
- Size of wrist:
- Size of waist:
- Favorite metal:
- Favorite jewel:
- Birthstone:
- Favorite color(s):

## Favorites

- Favorite music/song:
- Favorite songs to dance to:
- Favorite Holiday:
- Favorite way(s) to Relax:
- Favorite Season:
- Favorite Places to Shop:
- Can get a gift card for anytime:
- Favorite dessert(s):
- Favorite meal:
- Favorite restaurant(s):
- Foods I will not eat:
- Foods I crave:
- Favorite snacks:
- Favorite books:
- Favorite speakers:
- Favorite fruit:
- Favorite drink:
- Favorite meat:
- Favorite veggie:
- Favorite ice cream:
- Favorite treat:
- Favorite games:
- Favorite video games:
- Best friend(s):
- Favorite Places:
- Favorite Animal(s):
- Favorite Smells:
- Favorite Perfume or Cologne:
- Favorite Sport(s):
- Favorite Weather:
- Favorite Flower(s):
- Favorite Band:

## Just You

- I can never have too much of:
- I always want more of:
- I love it when you touch me here:
- I don't like:
- I love it when you say:
- I love it when you make:
- I love it when you:
- It makes me smile when you:
- My heart skips a beat when you:
- I never tire of:
- I hope to be able to do with you these things:
- I appreciate it when you:
- My love language(s) are:
- The perfect date with you would include:

## Activities

- Favorite in home activities:
- Favorite leave the house activities:
- Favorite movie:
- Favorite series:
- Favorite type of movies/shows:
- Places I have always wanted to visit/travel to:
- Experiences I would love to have:
- Classes I would like to take:
- Classes I would like to take with you:
- Local places I want to see/visit:
- Far away places I want to see/visit:

## Personal Improvement

- Things I want to get better at:
- Things I want to overcome:
- Things I am not proud of:
- Things I want to eliminate and discard:
- Things that take from me:
- Things that hurt me:
- Things I do not like:
- The perfect day for me would look like:
- I struggle to:
- Things that are hard for me:
- Things I would love a break from:
- Things that I would love to receive:
- Things I hope to be able to do:
- Things that add to my life:
- Things I miss:
- People I admire:
- People I want to be more like:
- People I miss:
- Something I would love to master is:
- My biggest dream is:

## Conflict Resolution Techniques

1-Express Views

2-Explore Concerns

3-Select Mutually Satisfying Solutions

From BYU Pathways Family Relations Course

1-Both parties get to share exactly how they feel about things...and get listened to respectfully. Validated appropriately. Loved no matter what. Both partners' feelings are important to both parties.

2-Talk about what the concerns are for both partners. With respect and with the intent to understand. Work through the concerns with love and patience. When needed, ask clarifying questions with no judgement. Try to understand better and love no matter what.

3-Start discussing possible ideas and solutions. Get a paper if needed and write it down. Cross out what doesn't work for both parties. Agree to a plan of action, even if it is only a baby step. If you have no plan of action, then come back to it later and see if things have gotten clearer. Set a date to come back to it. If there is no solution you can agree upon, decide to let it play out.

\*\*Remember to work as a unified couple for the best outcome for all parties. Try to create a win-win situation. When working on conflict resolution, remember that you are not fighting each other, but tackling a problem together. Two heads are better than one! Together we are stronger. Combined we are able to see more. We got this...No matter what!