

Happy
& Married



Marriage Check-In Guide



REFLECT HONESTLY.
GROW INTENTIONALLY.
STRENGTHEN YOUR MARRIAGE.

Welcome to Your Marriage Check-In Guide

Your Weekly Marriage Check-In is designed to help you slow down, reflect on the past week, and better understand the health of your marriage, one conversation at a time.

Each week, you'll privately evaluate ten pillars of your marriage. For each one, you'll choose a Score, answer a quick Reflection Check, and capture a short written Reflection. Together, these three steps build a record you can bring into your Marriage Meeting with your spouse, so your conversations start from real memory, not guesswork.



REMEMBER

**Strong marriages aren't built by pretending everything is perfect.
They're built by paying attention.**

Before You Begin

The goal isn't a perfect score. It's an honest reflection.

There Are No Perfect Marriages

Every marriage has incredible weeks. Every marriage has difficult weeks. Most weeks fall somewhere in between.

The goal is not to earn perfect scores. The goal is to honestly reflect on your marriage during the previous seven days.

Think About This Week Only

Ask yourself: "How did this area of my marriage feel during the past seven days?"

Not last month. Not last year. Not your entire relationship or your honeymoon. The score is about this week.



REMEMBER

You're not grading your spouse.

You're reflecting on your experience of your marriage this week.

Choosing the Right Score

Your score represents how satisfied you felt with each area of your marriage during the previous week. The goal isn't to choose the "right" number. It's to choose the most honest one.

9–10

Exceptional

This area was one of the highlights of your week.

7–8

Strong

Overall, you felt good about this area.

5–6

Average

Nothing felt especially great or especially concerning.

3–4

Needs Attention

Something felt off and deserves additional attention.

1–2

Serious Concern

This area felt significantly unhealthy or disconnected during the week.

BETWEEN TWO NUMBERS?

Ask: "Which number feels more true for this week?"

Don't overthink it. Consistency and honesty matter more than perfect precision.

REFLECTION CHECK

Pause. Think a Little Deeper.

A quick follow-up to help you take a second look.

After choosing a score, you'll answer one thoughtful follow-up question about that pillar. The Reflection Check is simply a nudge to help you consider something you may not have thought about the first time.

EXAMPLE: INTIMACY

Did you feel intimacy was better this week than usual or about the same?



Definitely



Kind of



Not Really

IMPORTANT

The Reflection Check does not affect your score.

It isn't another scoring mechanism. Its purpose is to make you pause, think a little more deeply, and decide for yourself whether your original score still feels right.

Capture the Why Behind Your Score

Your Reflection is your personal journal for each pillar that week. It's where you capture the moments, feelings, or context that explain why you chose your score.

THINK OF IT THIS WAY

Your score tells you what happened.

Your Reflection helps you remember why.

That context can make your later Marriage Meeting conversation much more useful.

Capture the Story

What happened this week that influenced your score? Record enough detail that you'll remember the moment later.

Include the Good Too

Reflections aren't only for problems. Capture wins, thoughtful moments, laughter, support, affection, or progress.

Write to Understand

Describe your experience rather than building a case against your spouse. The goal is clarity, not blame.

KEEP IT SIMPLE

You don't need to write an essay.

A sentence or two can be enough. Write whatever will help you understand your score and communicate your experience later.

Make Your Reflections Useful

The best Reflection is not the longest one. It's the one that helps you remember what shaped your score and gives you something meaningful to talk about later.

TOO VAGUE

“It was okay.”

This doesn't give you much to return to later.

BETTER

“We didn't spend much time together this week.”

Now you've captured what influenced the score.

MOST USEFUL

“We barely had time together after work this week, and I missed feeling connected. I'd like us to make time for each other this weekend.”

This captures the moment, your feeling, and what may be worth discussing.

A GOOD RULE OF THUMB

Write enough that Future You will understand why you chose the score — without turning the Reflection into a full journal entry.

Turn Weekly Reflections Into Better Conversations

Your Check-In isn't the conversation itself. It helps you arrive at your Marriage Meeting with a clearer memory of the week — what felt good, what felt off, and what may be worth talking about together.

Your Scores

Show where each pillar felt strong, average, or in need of attention.

Reflection Checks

Help you pause and notice something you may have initially overlooked.

Your Reflections

Capture the moments and feelings that explain the why behind your scores.



YOUR WEEKLY MARRIAGE MEETING

Start with more than “How was your week?”

Instead of trying to remember everything in the moment, you already have a simple record of what stood out. That gives you more specific, intentional things to celebrate, understand, or discuss with your spouse.

MARRIAGE MEETING TIP

Use your Reflections as conversation starters — not evidence. Try: “I wrote this down because it stood out to me this week...”

Notice the Patterns

One Check-In gives you a snapshot. Consistent Check-Ins help you see the bigger picture.

Over time, your scores and Reflections can help you recognize what's consistently working, where the same challenges keep appearing, and how your marriage changes from season to season.

Celebrate What Works

Maybe Communication consistently feels strong. Or you keep noticing how well you support one another during busy weeks.

Spot Recurring Friction

If the same pillar repeatedly scores lower, your weekly notes can help reveal what keeps getting in the way.

See Progress

A difficult area may improve gradually. Looking back helps you notice growth that can be easy to miss week to week.

REMEMBER

The goal isn't to chase higher numbers.

The goal is to understand your marriage more clearly — so you can celebrate what's strong and give attention to what matters.

One Last Look

Before you finish your Weekly Check-In, take a quick moment to look back over what you entered.

1

Did I score this week — not my entire marriage?

Keep your ratings focused on the past seven days.

2

Was I honest instead of choosing my usual number?

A useful Check-In reflects what you actually experienced.

3

Did I let the Reflection Check make me think?

You don't have to change your score — just give the question a genuine moment.

4

Did I capture the why where it mattered?

A short Reflection can preserve the context you'll want later.

5

Did I write to understand, not blame?

Your notes should help you communicate your experience, not build a case against your spouse.



Strong marriages aren't built in one conversation. They're built through small moments of honesty, attention, and connection repeated over time.

Every honest score.

Every thoughtful Reflection Check.

Every meaningful Reflection.

Every Marriage Meeting.

Each one is a small investment in the relationship you're building together.

Thank you for choosing to invest in your marriage.

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Your Marriage Deserves 10 Minutes a Week.

happyandmarried.com

STAY INTENTIONAL. STAY CONNECTED. STAY HAPPY & MARRIED.