

FINDING OUR HAPPY PLACE

HER HAPPY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

OUR HAPPY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

HIS HAPPY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Each of you list 10 activities or items that bring you joy. Share lists. If any are on both lists, they go to the top of the OUR HAPPY list. Brainstorm to complete 10 couple activities you both enjoy, then put a date on your calendars for a date to start living more HAPPY!

(C) Bill and Pam Farrel (c) Marriage Meet Up Planner set 2019

To see more ways to cultivate couple happiness:
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