

Intentional Investing in Your Marriage

Farm Couples are experts at intentional investing in their farming operation.

Work through the following questions where the word "farm" has been replaced with "marriage"

What are ways you invest in your marriage?

How do you know what needs to be done to improve your marriage?

What happens if the marriage has a bad year? How do you keep it going?

Active Listening

Most of us listen to respond. To be a successful Active Listener follow these 5 steps:

1. Pay attention.
2. Withhold judgement and the urge to respond.
3. Listen for feelings.
4. Clarify anything you may not understand by asking open ended questions.
5. Summarize what you heard.

Problem Solving Worksheet

1. Identify the problem or situation

2. Brainstorm Options

- A. _____
- B. _____
- C. _____
- D. _____

3. Identify Positives and Negatives for each option

	Positive	Negative
Option A	_____	_____
Option B	_____	_____
Option C	_____	_____
Option D	_____	_____

4. Agree on a Solution
