

# Heart-Level Questions

Greg and Erin talked about the importance of taking a daily 10-minute pause to intentionally get to know your spouse. Here are some questions to get you started:

- How are you feeling?
- What was the high of your day and the low of your day?
- How are things going between you and the kids, relationally?
- How are things going between you and your friends?
- What has God been teaching you lately?
- Name two things on your personal bucket list.
- If you had to give our marriage a grade, what grade would you give it? What could we do to improve that grade?
- What is weighing heavy on your heart that I can be praying for you about?
- How is our pace of life? Too fast? Not active enough?
- How are we doing at exercising?
- Is there anything we could do together?
- Are there any adjustments on the home front we need to make? Division of chores? Parenting challenges? Meals? Laundry? Housekeeping? Yard?
- Are we satisfied with the time we have together as a couple? What do we need to do to change that?
- What is the most important goal you have for yourself for the coming year?
- What is the most important goal you have for us for the coming year?
- What do I do that you'd like me to do more often?
- What do I do that you'd like me to do less often?
- How are we doing financially? Is there anything we need to change in how we're managing our money?
- How are we doing spiritually? Are we serving in our church and community in meaningful ways that match our passions?
- Are we growing in our faith? Is there anything we can do to grow together in our faith? Can we pray or read the Bible together in a new or different way?
- How do you feel about your career?
- What can I do to help you achieve your goals?
- What would you like our life to look like in five years? Ten years? Twenty years?
- How are we doing with extended family relationships? Are there any boundaries we need to set or reinforce? Do we need to make plans to see family more often or less often?
- What do you like best about our holiday traditions? What do you like least about our holiday traditions?
- What activities would you like us to do more often? What activities would you like us to do less often?
- What does your ideal vacation look like?
- What could we do to celebrate our next anniversary?
- How do you prefer to celebrate your next birthday?
- Is there something special we'd like to do for our upcoming milestone anniversary? Should we start planning or saving toward that?