



**WinShape
Marriage**

Creating a Vision for Your Marriage

Five Step Framework



What does it mean to create a vision for your marriage?

To have a successful marriage, it's critical to know what you and your spouse are collectively working toward. It's not enough to pursue having a "healthy marriage"—a status that holds different meanings for individuals. When you create a more specific vision, then it drives your choices and reactions individually and as a couple. Put simply, what do you want your marriage to look like this time next year, and what will it take to get there? We'll walk you through answering these questions with the following five steps.

Step 1

Imagine your ideal future.

Activity

- Individually, take a few moments to think about the question, "What do I want our marriage to look like one year from today?" Keep your answer to yourself for now.
- Then, use the boxes on the following two pages (one for you, one for your spouse) to draw a visual representation of your ideal future. This could be a picture, a mind map, or a diagram. Remember to focus on the ideas you're expressing, not the artistic quality of your drawing.
- Once you're both finished, share your ideal futures with each other. Discuss the goals, dreams, and values represented in the drawings. Use the follow-up questions as a guide if needed.



_____’s Ideal Future

A large, empty rectangular box with rounded corners and a light gray border, intended for writing or drawing. The box is centered on the page and occupies most of the lower half of the document.

_____’s Ideal Future

A large, empty rectangular box with rounded corners and a light gray border, intended for writing or drawing. The box is centered on the page and occupies most of the lower two-thirds of the page.

Follow-up Questions

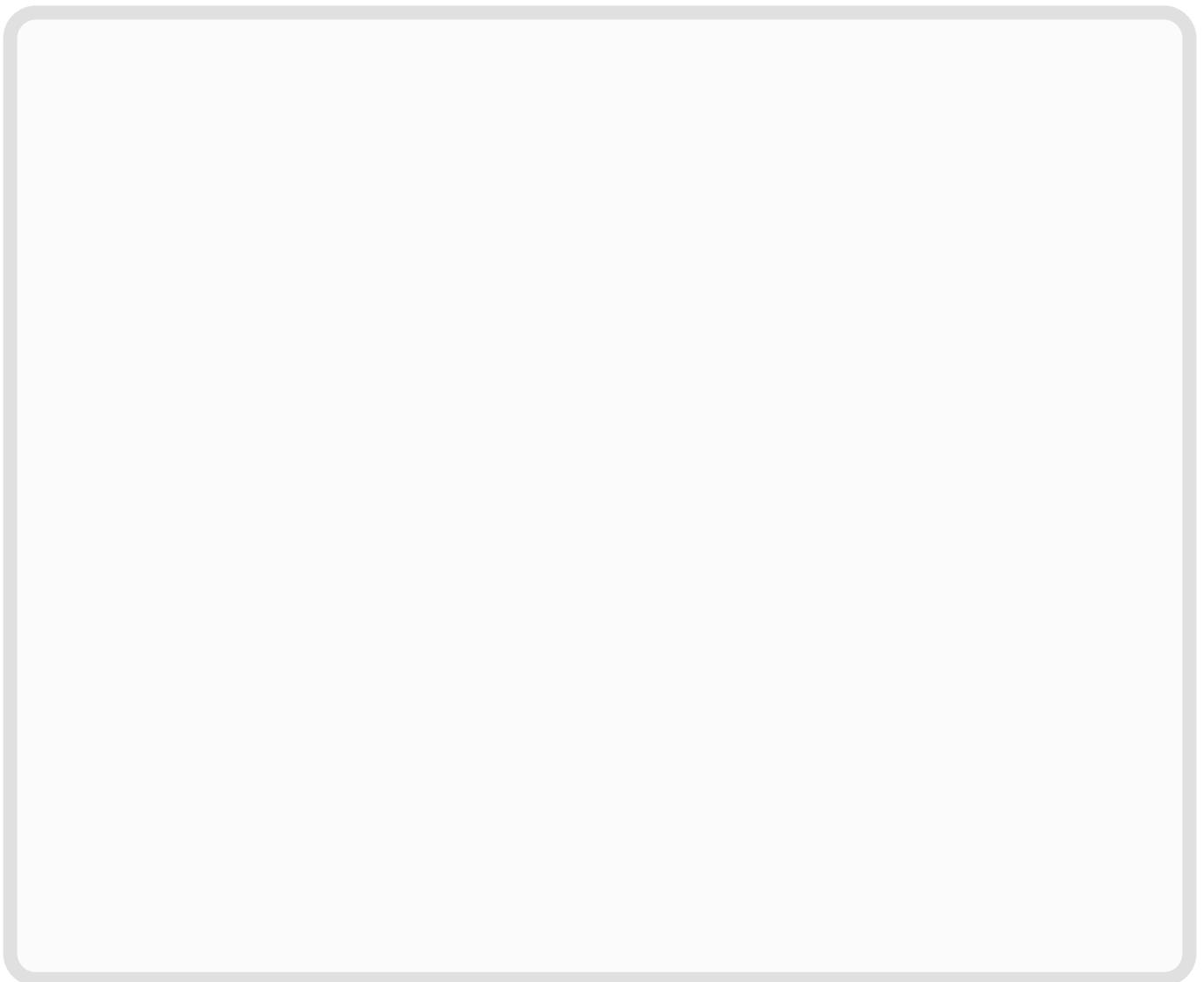
- What goals, dreams, or values are represented in your drawing?
- What are a few words that come to mind when looking at your drawing?
- What are a few words that come to mind when looking at your spouse's drawing?
- Is there anything about your spouse's drawing that surprised you?
- What about your spouse's drawing did NOT surprise you?
- In what ways are your drawings similar?

Step 2

Create your shared vision.

Once you've debriefed your drawings, identify areas where there was overlap. Now, create a new drawing together that represents your shared vision.

Our Shared Vision

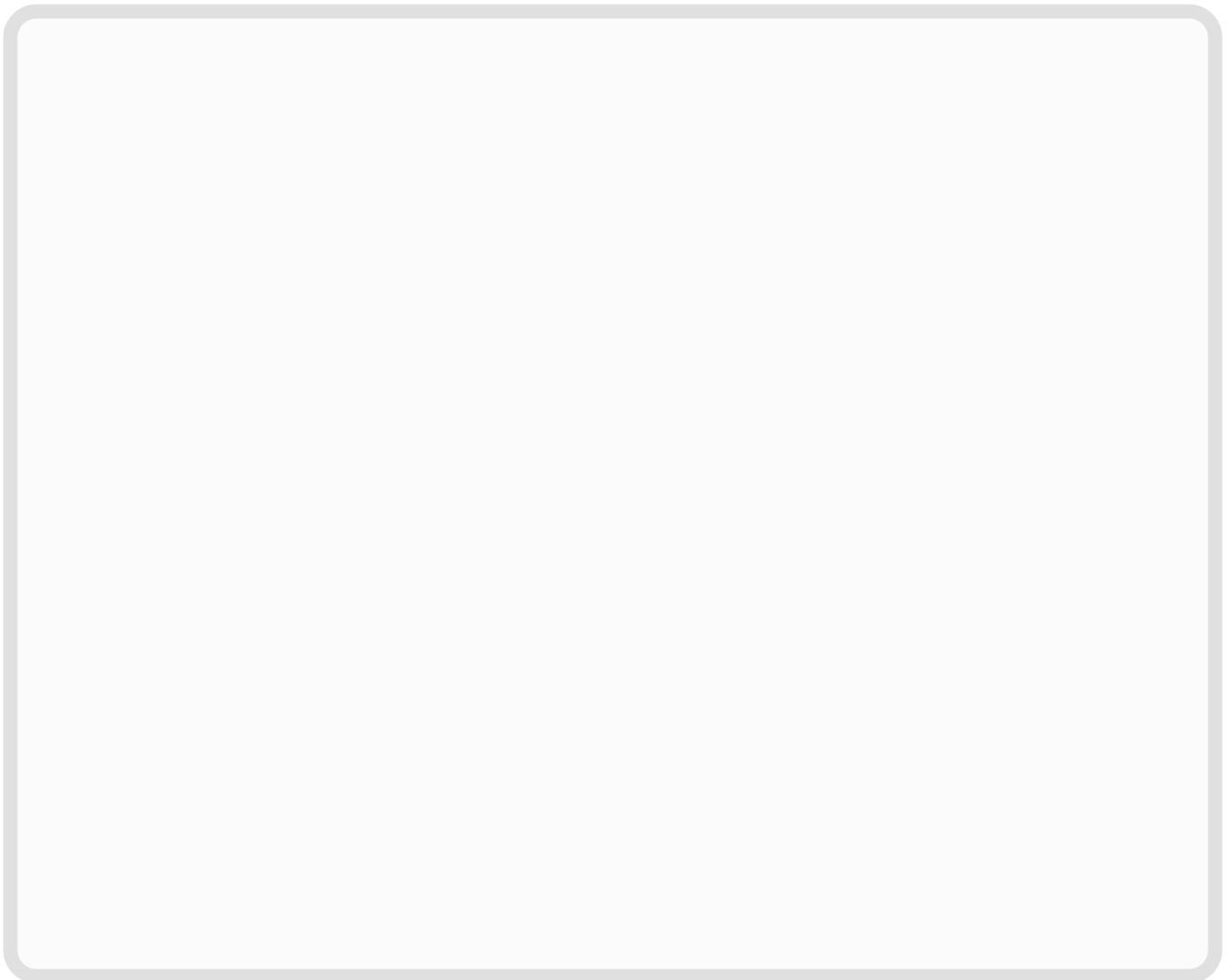
A large, empty rounded rectangular box with a light gray border, intended for drawing the shared vision.

Step 3

Put your shared vision into words.

Next, work together to put your shared vision into words. In a few phrases or sentences, describe your goals, dreams, and values. What do you want to accomplish by next year?

By next year, we will:

A large, empty rounded rectangular box with a light gray border, intended for writing the shared vision and goals for the next year.

Step 4

Make a road map for your vision.

By now, you have your destination in mind, but what will it take to get there?

Discuss three to four specific goals that will help you and your spouse accomplish your shared vision. Once you've decided, write them down. Make sure your goals are tangible, so you can work toward your vision one step at a time and celebrate along the way.

Goal 1



Goal 2



Goal 3



Goal 4

Step 5

Choose words to guide your year.

Finally, choose three to four words that best represent your vision for your marriage. Choose your own, or use some of our example words. Without having to constantly refer to your overarching vision, these words will help you and your spouse keep your vision top of mind.

Below are some examples to get you started.

Faith	Perseverance	Sacrifice	Trust	Integrity
Respect	Creativity	Service	Adventure	Loyalty
Learning	Courage	Simplicity	Growth	Hospitality
Intimacy	Honesty	Teamwork	Patience	Empathy
Safety	Excellence	Tradition	Flexibility	Unity
Encouragement	Harmony	Wisdom	Acceptance	Individuality
Truth	Adaptability	Commitment	Honor	Compassion
Authenticity	Fun	Communication	Health	Generosity





Words To Guide Us

Word 1

Word 2

Word 3

Word 4

Helpful Checklist

- Keep your goals and/or words top of mind by pinning them to your refrigerator door or writing them on a whiteboard.
- Have weekly team meetings with your spouse to create a plan for how you'll work toward your goals that week.
- Make it easy to keep up with your goals by building them into your daily routines.
- Remember you're working toward a shared vision together! Rely on one another.
- Celebrate your wins, big or small.