



Planning Your *Yearly* Marriage Getaway

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Hey, good folks, Delony here! Once a year, my wife and I set aside time to go deep in conversation about every major aspect of our life. Here's the template we use to plan our getaway.

Before Your Getaway

DECIDE ON A BUDGET

Whether you've got \$50 or \$500, you can make this work. Just get clear on what you're spending.

Ideas for a \$50 budget:

- Take a walk in the park.
- Hit up Sonic Happy Hour.
- Your idea here: _____

Ideas for a \$500 budget:

- Get a couple's massage.
- Stay at a funky Airbnb.
- Your idea here: _____

PICK THE TIME AND PLACE(S)

Time: If you can swing it, this is a great opportunity for an overnight or weekend getaway. If that's not possible, set aside at least an entire day together. Just you, no kids.

Place: It's super important that you change your normal environment and, if at all possible, get out of your house. At home, you'll be distracted by the dishes, the laundry, the hamster cage that needs to be changed . . . So get out and have fun on this mini adventure!

DO YOUR HOMEWORK

Spend time individually reflecting on the past year. Journal your responses to these questions:

- How do I feel about last year?
- What were five challenges I faced?
- What are five things I'm proud of?
- What are four or five ways I can love my spouse better?
- What's one way I changed as a person last year?

PREP THE ESSENTIALS

Pack your calendar, budget, journals, Questions for Humans: Couples edition, a nice bottle of wine . . . whatever will help facilitate deep conversation.

During Your Getaway

REFLECT ON THE PAST YEAR

Share the responses from your journaling. Then, ask each other these questions:

- What do we need to grieve? (What dreams did we put to bed? What losses did we endure?)
- What milestones do we need to celebrate?
- How did we handle challenges as a team? Is there anything we'd like to change next year?

LEAN INTO HARD CONVERSATIONS

What conversations do you need to have? What have you been avoiding? Turn on the lights and get everything out in the open. Here's a list to help you make your own agenda:

- Sex and intimacy
- Money
- Schedule and commitments
- Health
- Community and friendships
- Work
- Parenting

Plan to tackle these subjects one at a time and in different locations, to keep things interesting.

LOOK TO THE FUTURE

Toward the end of your time, turn the conversation toward the future. Talk about the big plans and dreams ahead. Paint a picture of who you want to be and how you want your home to feel. Based on that vision, set goals in a few areas where you'd like to make progress.

DECIDE YOUR ACTION ITEMS

This is where your vision becomes concrete. Based on your goals, plan your next steps. For example, if you want to put extra on your mortgage, decide who will own that in the budget and track your payments to make sure you're on course.

After Your Getaway

KNOW THAT LIFE WILL CHANGE

Life never unfolds exactly how we plan. Stay committed to your vision and keep your hands open to what life brings you.

CHECK BACK IN BEFORE BUSY SEASONS

There's no magic formula for how often you need to check back in. But I encourage you to reconnect before busy or demanding seasons to make sure you're aligned.

