

MODULE 3 — PROVIDER

The Safety She Rests In — Coverage, Not Just Income

STEP 1 — SELF-ASSESSMENT (complete before the module)

On a scale of 1–10, how well am I covering my home — financially, emotionally, and physically — so my wife can rest?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“She cannot flourish where she does not feel safe.”

“When you carry what is yours, she can finally put hers down.”

STEP 2 — HER VOICE (she answers in her own words)

What does feeling provided for and safe look like to you? Where do you feel most uncovered right now?

HIM	HER

STEP 3 — ACTION COMMITMENT (husband completes)

One area of coverage I will take back this week so my wife does not have to carry it alone:

STEP 4 — REFLECTION (honest, private, written)

What is my wife managing or worrying about that I should be carrying? What has kept me from stepping up in that area?

AFTER THE MODULE — Alignment Check

What is the one thing I commit to doing differently in this area starting today?

Signed: _____ Date: _____