

FROM ROOMMATES TO SOULMATES

The Marriage Culture Planner

Daily • Weekly • Monthly • Quarterly • Annual

“You did not fall out of love. You fell out of the habit of love.”

LLOYD ALLEN

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How to Use This Planner

DAILY PAGES

Each morning, read the connection prompt and write your intention for the day. It takes thirty seconds. It sets the posture for everything that follows. Each evening, return and record one moment of connection, one appreciation, and one thing to do differently tomorrow.

WEEKLY PAGES

Every week has a protected date planning spread — day, time, who planned it, what you did together. Three connection questions and a Both Voices section follow. Protect the date. Do not negotiate it away for logistics.

MONTHLY PAGES

Each month has a new experience prompt and a record of what happened. Write what you tried, what surprised you, and whether you would do it again. Four monthly reflection questions close the month with honesty.

QUARTERLY REVIEW

Four times a year, score your marriage across ten dimensions — honestly, not charitably. Each quarter gets two pages. Sign the commitment. Hold each other to it.

ANNIVERSARY PAGES

Once a year, reflect on where you were, where you are, and what you are choosing for the year ahead. Sign the covenant statement together. This is a decision renewed in writing.

Day _____ – Week _____ – Month / Year

One thing I will do today to make my spouse feel chosen

MORNING INTENTION – Before the day begins

Today I will make my spouse feel chosen by:

CONNECTION CHECK-IN – One honest sentence each

How I am really doing today – the real answer, not fine:

What I need from my spouse today:

EVENING REFLECTION – Before sleep

One moment of genuine connection we had today:

One thing I appreciated about my spouse today that I did not say:

One thing I will do differently tomorrow:

BOTH VOICES – One honest answer each

MY HONEST ANSWER

MY SPOUSE'S HONEST ANSWER

Six-second kiss • Meaningful greeting • Meaningful goodbye • Thirty-second prayer

Week of: _____

The protected space where we exist apart from every role we play for everyone else

Day: _____

Time: _____

Who plans: _____

What we did:

WEEKLY CONNECTION — Fifteen minutes. No phones. No logistics.

One thing my spouse did this week that I genuinely appreciated:

One thing I noticed about my spouse this week that I want them to know:

One thing I need to say to my spouse before this week closes:

BOTH VOICES — How was this week for each of you?

MY HONEST ANSWER

MY SPOUSE'S HONEST ANSWER

Month: _____ Year: _____

Novelty is not a luxury – it is the mechanism that keeps two people moving in the same direction

THIS MONTH'S NEW EXPERIENCE – Something neither of us has done before

What we planned to try:

What actually happened – and what surprised us:

Would we do this again? What would we do differently?

MONTHLY REFLECTION – One honest look at this month together

This month's greatest moment of connection:

This month's greatest moment of distance:

One thing I want to do more of next month:

One thing I want to stop doing next month:

Q1 — January — March

Score each dimension honestly: 1 (struggling) to 10 (thriving)

1. Pursuit	Are we still choosing each other daily?	Score: -----
2. Emotional Intimacy	Do we know each other's inner world right now?	Score: -----
3. Friendship	Do we genuinely enjoy each other's company?	Score: -----
4. Physical Affection	Is warmth and touch present without pressure?	Score: -----
5. Novelty	Have we tried anything new together recently?	Score: -----
6. Spoken Desire	Are we naming what we need from each other?	Score: -----
7. Healing	Are there unaddressed wounds between us?	Score: -----
8. Spiritual Intimacy	Are we praying and seeking God together?	Score: -----
9. Marriage Culture	Are our daily and weekly rhythms holding?	Score: -----
10. Overall Connection	Do we feel like soulmates or roommates right now?	Score: -----

Total Score: _____ /
100

Lowest scoring dimension:

Q1 — January — March — Reflection & Action

What the scores reveal — and what we are going to do about it

Q1 HONEST REFLECTION

The area of our marriage that most needs attention this quarter:

The pattern I notice in our lowest-scoring dimensions:

The score that surprised me most — and why:

The score I am most proud of — and what we did to get there:

Q1 COMMITMENT — What we are choosing to do differently next quarter

The one specific thing we will do differently:

Signed: _____

Signed: _____

Date: _____

Q2 — April — June

Score each dimension honestly: 1 (struggling) to 10 (thriving)

1. Pursuit	Are we still choosing each other daily?	Score: -----
2. Emotional Intimacy	Do we know each other's inner world right now?	Score: -----
3. Friendship	Do we genuinely enjoy each other's company?	Score: -----
4. Physical Affection	Is warmth and touch present without pressure?	Score: -----
5. Novelty	Have we tried anything new together recently?	Score: -----
6. Spoken Desire	Are we naming what we need from each other?	Score: -----
7. Healing	Are there unaddressed wounds between us?	Score: -----
8. Spiritual Intimacy	Are we praying and seeking God together?	Score: -----
9. Marriage Culture	Are our daily and weekly rhythms holding?	Score: -----
10. Overall Connection	Do we feel like soulmates or roommates right now?	Score: -----

Total Score: _____ /
100

Lowest scoring dimension:

Q2 — April — June — Reflection & Action

What the scores reveal — and what we are going to do about it

Q2 HONEST REFLECTION

The area of our marriage that most needs attention this quarter:

The pattern I notice in our lowest-scoring dimensions:

The score that surprised me most — and why:

The score I am most proud of — and what we did to get there:

Q2 COMMITMENT — What we are choosing to do differently next quarter

The one specific thing we will do differently:

Signed: _____

Signed: _____

Date: _____

Q3 — July — September

Score each dimension honestly: 1 (struggling) to 10 (thriving)

1. Pursuit	Are we still choosing each other daily?	Score: -----
2. Emotional Intimacy	Do we know each other's inner world right now?	Score: -----
3. Friendship	Do we genuinely enjoy each other's company?	Score: -----
4. Physical Affection	Is warmth and touch present without pressure?	Score: -----
5. Novelty	Have we tried anything new together recently?	Score: -----
6. Spoken Desire	Are we naming what we need from each other?	Score: -----
7. Healing	Are there unaddressed wounds between us?	Score: -----
8. Spiritual Intimacy	Are we praying and seeking God together?	Score: -----
9. Marriage Culture	Are our daily and weekly rhythms holding?	Score: -----
10. Overall Connection	Do we feel like soulmates or roommates right now?	Score: -----

Total Score: _____ /
100

Lowest scoring dimension:

Q3 — July — September — Reflection & Action

What the scores reveal — and what we are going to do about it

Q3 HONEST REFLECTION

The area of our marriage that most needs attention this quarter:

The pattern I notice in our lowest-scoring dimensions:

The score that surprised me most — and why:

The score I am most proud of — and what we did to get there:

Q3 COMMITMENT — What we are choosing to do differently next quarter

The one specific thing we will do differently:

Signed: _____

Signed: _____

Date: _____

Q4 — October — December

Score each dimension honestly: 1 (struggling) to 10 (thriving)

1. Pursuit	Are we still choosing each other daily?	Score: -----
2. Emotional Intimacy	Do we know each other's inner world right now?	Score: -----
3. Friendship	Do we genuinely enjoy each other's company?	Score: -----
4. Physical Affection	Is warmth and touch present without pressure?	Score: -----
5. Novelty	Have we tried anything new together recently?	Score: -----
6. Spoken Desire	Are we naming what we need from each other?	Score: -----
7. Healing	Are there unaddressed wounds between us?	Score: -----
8. Spiritual Intimacy	Are we praying and seeking God together?	Score: -----
9. Marriage Culture	Are our daily and weekly rhythms holding?	Score: -----
10. Overall Connection	Do we feel like soulmates or roommates right now?	Score: -----

Total Score: _____ /
100

Lowest scoring dimension:

Q4 — October — December — Reflection & Action

What the scores reveal — and what we are going to do about it

Q4 HONEST REFLECTION

The area of our marriage that most needs attention this quarter:

The pattern I notice in our lowest-scoring dimensions:

The score that surprised me most — and why:

The score I am most proud of — and what we did to get there:

Q4 COMMITMENT — What we are choosing to do differently next quarter

The one specific thing we will do differently:

Signed: _____

Signed: _____

Date: _____

Year _____ of Our Marriage — Date: _____

Not the celebration of a date. The renewal of a decision.

WHERE WE WERE — One year ago

The word that best describes where we were one year ago:

The greatest challenge we were facing together:

What I most needed that I did not know how to ask for:

WHERE WE ARE — Right now

The word that best describes where we are today:

The greatest growth I have seen in my spouse this year:

The greatest growth I have seen in myself as a spouse:

The moment this year when I felt most deeply connected:

THE YEAR AHEAD — What we are choosing

The one thing I am committing to do more of next year:

The one thing I am committing to stop doing next year:

What I want my spouse to know about how much they mean to me:

We choose each other again today — not because it is easy, not because it is always felt, but because we made a covenant and we intend to keep it.

Signed: _____

Signed: _____

Date: _____