

EXPECTATION COURSE

MODULE 7

The Marriage You Both Envisioned — Now Build It

TRANSFORMATION WORKSHEET

Mr. Marriage • The Successful Couple • Lloyd Allen Ministries

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The Marriage You Both Envisioned — Now Build It

This is your capstone. Take your time. This document becomes your living marriage covenant — revisit it every year.

PART 1 — WHAT THIS COURSE REVEALED

Before building forward, anchor what you've learned. Answer individually — then share.

The most important thing this course revealed about MY expectations that I didn't fully see before is...

The most important thing this course revealed about MY SPOUSE'S expectations that I hadn't fully understood is...

The single biggest shift I have made — or committed to making — as a result of this course is...

PART 2 — THE MARRIAGE YOU ARE BUILDING

Great marriages are designed. Answer these questions as a couple — build one shared vision.

In 5 years, our marriage looks and feels like...

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The three words we want to describe our marriage are...

The legacy we want to leave our children about what marriage looks like is...

The one area we are most committed to growing in together is...

PART 3 — YOUR PERSONAL MARRIAGE COVENANT

For each area, write the specific agreement you have reached together. Be concrete. Make it yours.

Area	Our Shared Agreement — In Our Own Words
Sex & Intimacy	
Communication	
Finances	
Spiritual Life	

Parenting	
In-Laws	
Roles	
Affection	
Conflict	
Our Vision	

PART 4 — WHAT WE OWE EACH OTHER

A covenant is a list of responsibilities. For each area, write what YOU commit to giving — not what you expect to receive.

Area	I (Husband) commit to giving...	I (Wife) commit to giving...
Love & Affection	Daily intentional affection — not just when I feel like it	Respect and admiration spoken openly — not just felt silently
Communication	Listening to understand — not just waiting to respond	Bringing my needs to the table with clarity, not resentment
Spiritual Life	Leading our home spiritually — prayer, worship, and faith in action	Supporting and following his spiritual leadership with trust
Intimacy	Pursuing my wife — consistently and intentionally	Being emotionally present and physically available to my husband
Security	Providing stability — financially, emotionally, and spiritually	Creating a home that feels like a refuge — for him and our children

PART 5 — 30 / 60 / 90 DAY ACTION PLAN

Choose one specific action per window. Keep it concrete — not vague.

Window	His One Action	Her One Action
30 Days		
60 Days		
90 Days		

PART 6 — FINAL HONEST CHECK-IN

Q1. After completing this course — how would you describe the state of your marriage right now?

A	Still difficult — but I have more tools and more hope than before
B	Improving — I can see real change starting to happen
C	Much better — this course helped us break a major pattern
D	Transformed — we are more aligned than we have ever been

Q2. What is the single most valuable thing you are taking from this course?

A	Clarity — I finally know what I actually expect and why
B	Skill — I now know how to communicate my needs without war
C	Understanding — I see my spouse's expectations in a new light
D	Vision — we have a shared picture of the marriage we are building

Q3. What does your spouse most need from you in the next 30 days?

A	Consistency — showing up the same way every day, not just after this course
B	Patience — giving them grace as they grow into the changes too
C	Intentionality — pursuing them the way you would if you were still winning them
D	Honesty — continuing to tell the truth even when it's uncomfortable

PART 7 — THE FINAL COVENANT SIGNING

Read this aloud together. Both spouses. Out loud. Then sign.

OUR MARRIAGE COVENANT

We entered this course with expectations we had never fully named.

*We leave it with agreements we have spoken out loud,
heard with open ears, and committed to with open hearts.*

We will not demand — we will declare.

We will not hide — we will speak.

We will not drift — we will lead.

We choose each other — fully, intentionally, and by covenant.

"As for me and my house, we will serve the LORD." — Joshua 24:15

Husband's Name:

Signed:

Wife's Name:

Signed:

Date of Covenant:

CONGRATULATIONS ON COMPLETING THE EXPECTATION COURSE

Your next step: Book a one-on-one coaching session or join the community at MarriagesSaved.com