

8 Keys to Succeed

I really want you to succeed. I hope you are able to strengthen your marriage and find the joy that comes through true friendship. So, below are 8 keys that will help you succeed.

Set aside about 5 minutes a day to work on this. It can be in the morning, evening, when you're leaving work or whenever. It doesn't really matter. It is best to link this with another habit. For example, you could link it with shutting down your computer at work or after you eat breakfast in the morning. The whole point of these 30 day challenges is to maximize your results relative to the amount of time you put into it.

Begin with the end in mind. Have your desired outcome always in mind. Imagine your relationship where you would like it to be. Stay focused on this, as it will give you strength and determination. You may want to write down your desired outcome and post it in a place where you will see it frequently.

Make a trade off. We cannot do it all. In order to find the time to make this work, you are going to have to give something up. Hopefully, you can find something that uses your time up, but doesn't really benefit you that much or even may cause you harm. What could be more important than this investment into your marriage?

Just keep moving. Don't feel pressure to do every challenge. If you don't feel that the timing is right on a particular challenge or you are still focused on another challenge, skip it. You will have plenty of opportunities to come back to it. If you miss a day or two for whatever reason, jump back in on the current challenge.

Write in a journal. In the journal, I provide questions that get your mind working, however, feel free to write about whatever comes to your mind. It is writing that will help reinforce the challenge in your mind by crystallizing your thoughts. Don't underestimate the power of journaling. Write in your personal journal, if you prefer.

Set up a system of reminders. Use reminders on your phone, sticky notes on your computer screen or anything else that will help you remember your main objective. You will need to figure out a system that works for you.

Use your accountability partner to the fullest. The very first challenge is about accountability. It is very powerful. Don't expect that your accountability partner will call you to follow up with you. Instead, take the initiative to keep him / her up to date. An easy way to do it would be to send a text or email at the end of each day.

Keep at it. One of the reasons it isn't a big deal if you miss challenges along the way is that this is intended to be done over and over. It is about developing the habits of being a true friend to your wife. When you finish these 30 challenges, feel free to start over from the beginning or pick and choose which challenges you want to work on.