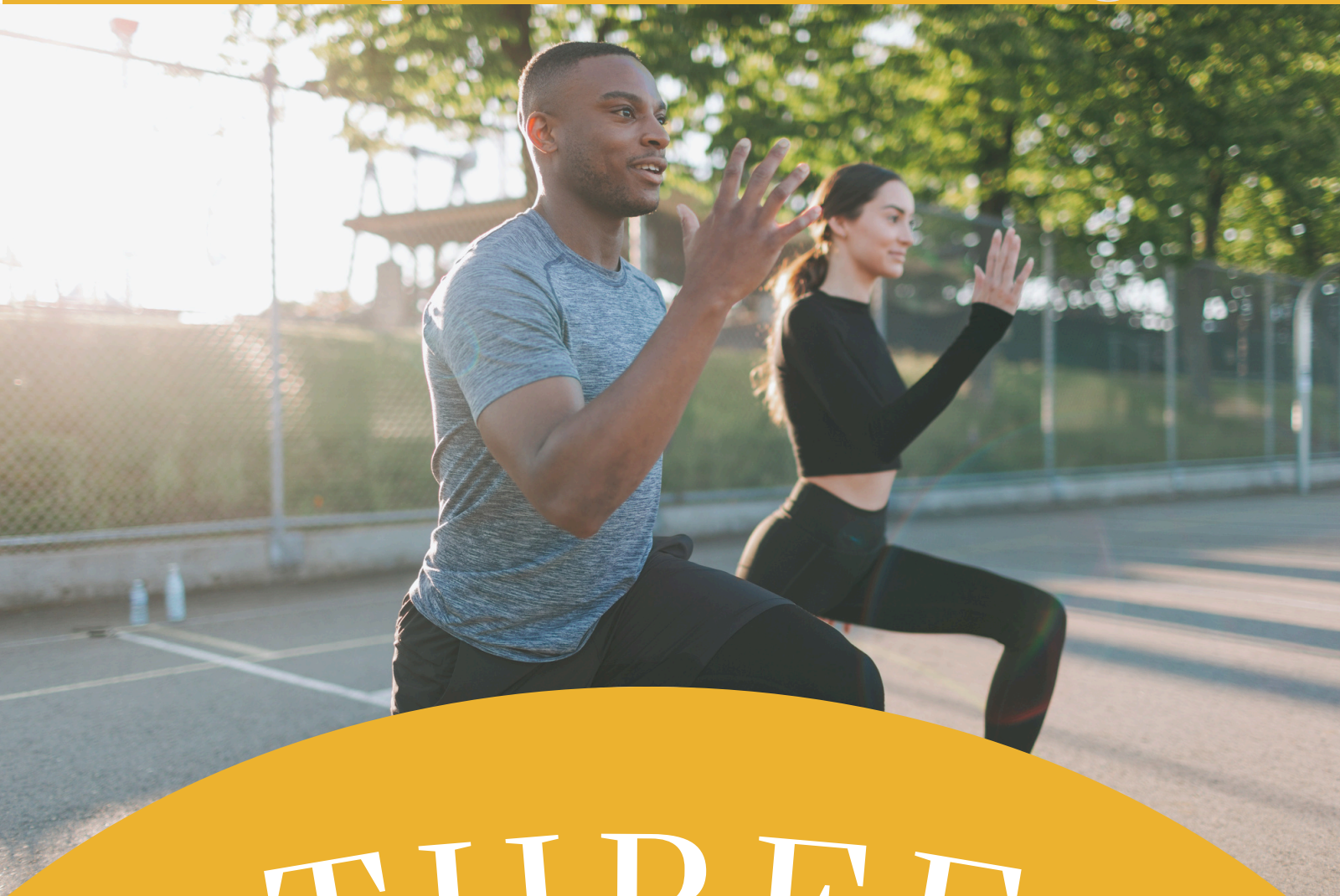


Why Do We Struggle to Spend Time on Purpose in Our Marriage?



THREE

ways to make your time together a purposeful connection.

Can you hear it? That faint, heartbreaking sound? It's the slow, steady withering of your marriage. And the culprit? A lack of intentional, quality time spent together.

Sis, I know how it is. We're all caught up in the whirlwind of life—careers, kids, chores, the never-ending to-do list. It feels like there's always something more urgent pulling at your attention.



But here's the hard truth: if you don't make your marriage a NON-NEGOTIABLE priority, all those "more pressing" things will slowly starve the very bond that should be feeding your soul.

The Hard Truth

We're the architects of our marriages, but so many of us spend years building a solid foundation and then let it crumble from neglect. Your marriage is like a garden, and quality time is the water it needs to grow. Without it, everything begins to wilt.

Become a Proactive Time Investor

It's time to take control of your time together. You need to be PROACTIVE about investing in your relationship. Schedule weekly, monthly, or even quarterly moments to H.A.L.T.—that's Holding Admitted Leisure Time. Make it sacred! Set aside funds and energy just to be with each other.

And here's the key: when you do spend that time together, put down the phones! Resist the urge to sit side by side, scrolling through separate feeds. ENGAGE with each other. Reconnect over those inside jokes, the stories that made you laugh until you cried, and remember what made you fall in love in the first place.



Reignite the Spark

Don't just talk about the day-to-day chores and bills—go deeper! Ask about each other's hopes, dreams, and passions. Be curious! Rediscover what makes you tick, and let fascination reignite the electric connection between you both. Quality time isn't just about sharing space; it's about investing in each other's hearts.

The Challenge

Let's be real—this takes work. But here's the thing: the vitality of your marriage depends on it. Schedule time together like your life depends on it—because in many ways, it does! Make your marriage your #1 priority and give it the attention it deserves.

My Story

Sis, I've been right where you are. I love staying busy. I've lived the hustle of juggling work, kids, and everything in between while trying to keep my marriage from falling apart. But here's what I've learned: intentional time is a game-changer. We started going out on more dates, especially when the kids became older, and no babysitter was needed. Yes, it took a while for us to slow down and notice that we were like two ships passing in the night.

The one thing we loved was going out for a private dinner date that included a cocktail and talking for hours. Sometimes we even went to a place that had a dance floor. We both missed dancing together. Another thing we reimplemented was hosting card parties with some of our bid whist-playing friends or going fishing. The bottom line is, that when you prioritize your time with your partner, your marriage will flourish in ways you never thought possible.



Let's Do This Together

I'm Sheila Faye, and I'm here to help you become a master at investing time in your relationship. Together, we'll create a foundation of connection, built on purposeful, quality time.

Let's make your love a priority again!

Ready to reclaim your marriage and build a bond that stands the test of time? Visit me at www.coachsheilafaye.com to schedule a discovery call.

WWW.COACHSHEILAFAYE.COM

Quiz Purpose: To help wives evaluate how much focus they are placing on their marriage and whether other priorities are taking over.

Question 1: How often do you and your husband make time for quality alone time?

- A) Weekly or more**
- B) A few times a month**
- C) Rarely, once every few months**
- D) We haven't had alone time in a long time**

Question 2: How much time do you spend talking to your husband about non-logistical topics (i.e., not just about kids, work, or home tasks)?

- A) Daily**
- B) A few times a week**
- C) Occasionally**
- D) Rarely**

Question 3: When life gets busy, how do you prioritize your marriage?

- A) We always find ways to connect, even during busy times**
- B) I try to make time, but it doesn't always work out**
- C) It gets put on the back burner until things calm down**
- D) I feel like there's no time left in our relationship**

Question 4: How often do you reflect on how your marriage is doing and discuss it with your husband?

- A) Regularly, we check in often**
- B) Occasionally, when things seem off**
- C) Rarely, unless there's a major issue**
- D) We don't really talk about our marriage status**

Results:

Mostly A's: You are prioritizing your marriage beautifully! Keep nurturing it through intentional connection.

Mostly B's: You're doing a good job, but making your marriage a top priority more consistently could strengthen your bond.

Mostly C's: Life's distractions may be pulling your attention away from your marriage. Try to carve out more intentional time.

Mostly D's: It's time to put your marriage back at the top of the list! Even small steps can make a big difference.