THE WARRIOR COUPLE 5-YEAR JOURNEY

A shared future, built on purpose.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

THE 5-YEAR JOURNEY

WARRIOR COUPLE WORKBOOK

Five years. Five journeys. One relationship worth protecting.

Read • Talk • Complete • Experience • Reflect • Grow

This workbook is designed to help couples work on the relationship in real life: communication, conflict, money, family, trust, intimacy, friendship, goals, and the everyday choices that keep two people connected.

Use it slowly. You do not need to finish every page at once. Some pages are for laughter and dreaming. Others are for honest conversations and repair. Skip a prompt that feels too intense in the moment and return when you both have enough emotional space.

YOUR COUPLE

Partner 1: _____

Partner 2: _____

Start date: _____

Our anniversary / meaningful date: _____

Where we are starting: _____

A note about serious relationship injuries

The repair sections can support reflection and structured conversation, but they are not a substitute for professional care when there is ongoing abuse, coercion, threats, severe trauma, or a serious safety concern. Safety comes first.

OUR WARRIOR COUPLE AGREEMENT

We are on the same team—even when we disagree.

Before beginning, agree on the rules that will protect the relationship while you work through these pages.

[ ] We will listen before defending.

[ ] We will avoid insults or humiliation.

[ ] We will take breaks when needed.

[ ] We will return after a pause.

[ ] We will be honest without being cruel.

[ ] We will respect boundaries and consent.

Our personal conflict code

During conflict, we agree that we will not:

When one of us needs a pause, we will say:

We will return to the conversation:

When we repair, we want our relationship to feel:

OUR STARTING POINT

A snapshot—not a score.

Circle or mark where you are today. The goal is awareness, not judgment.

Area	1	2	3	4	5	Notes
Communication	■	■	■	■	■	
Friendship	■	■	■	■	■	
Emotional connection	■	■	■	■	■	
Quality time	■	■	■	■	■	
Affection	■	■	■	■	■	
Intimacy	■	■	■	■	■	
Trust	■	■	■	■	■	
Money teamwork	■	■	■	■	■	
Household teamwork	■	■	■	■	■	
Parenting teamwork	■	■	■	■	■	
Family boundaries	■	■	■	■	■	
Fun & laughter	■	■	■	■	■	

What are we already doing well?

What do we most want to change over the next year?

YEAR 1 — RECONNECT

Finding each other again

This year is about finding your friendship, curiosity, attention, and affection again.

YEAR AT A GLANCE

nd Us Again	2. Talk Like We Mean It	3. Listen to Understand	4. Bring Back the Laugh
te Us Again	6. Protect Our Time	7. Feel Me	8. Touch Without Pressure
e the Whole Person	10. Build Our Picture	11. Weekly Warrior Check-In	12. Year 1 Reflection

OUR INTENTION FOR THIS YEAR

[ ] We will make time. [ ] We will be honest. [ ] We will celebrate progress.

YEAR 1 / JOURNEY 01

Find Us Again

Getting to know each other again

What has changed in each of us since we first fell in love? What do we want to rediscover?

TALK TOGETHER

Share three things you appreciate about who your partner is today.

OUR ANSWERS

TRY THIS

Plan one low-pressure hour this week with no phones, chores, or problem-solving.

[ ] We did it [ ] We need more time [ ] Let's revisit

SURPRISE BOXXX MOMENT

Create a tiny surprise that says: I still choose you.

REFLECT

YEAR 1 / JOURNEY 02

Talk Like We Mean It

Conversation starters

Use curiosity instead of assumptions. The goal is connection, not perfect answers.

TALK TOGETHER

Ask: What has been on your mind lately that I may not know? What makes you feel most loved right now?

OUR ANSWERS

TRY THIS

Take turns asking five questions and listening without fixing.

[ ] We did it [ ] We need more time [ ] Let's revisit

CONVERSATION CARD

Write three questions on slips of paper and draw one at dinner.

REFLECT

YEAR 1 / JOURNEY 03

Listen to Understand

The art of listening

Listening is more than waiting for your turn. Reflect back what you heard before responding.

TALK TOGETHER

When do you feel most heard by me? When do you feel dismissed or rushed?

OUR ANSWERS

TRY THIS

Practice: Listen, reflect, validate, then respond.

[ ] We did it [ ] We need more time [ ] Let's revisit

LISTENING CHALLENGE

Give your partner ten uninterrupted minutes.

REFLECT

YEAR 1 / JOURNEY 04

Bring Back the Laugh

Laughing together again

Playfulness is relationship maintenance. Make room for silliness that does not require money or planning.

TALK TOGETHER

What used to make us laugh? What could we be playful about again?

OUR ANSWERS

TRY THIS

Do one intentionally silly activity together.

[ ] We did it [ ] We need more time [ ] Let's revisit

GIGGLE BOX MOMENT

Surprise your partner with something ridiculous and harmless.

REFLECT

YEAR 1 / JOURNEY 05

Date Us Again

Date nights

Dating is a practice, not a performance. The point is shared attention.

TALK TOGETHER

What makes a date feel special to each of us? What can we do at home?

OUR ANSWERS

TRY THIS

Plan a date under your current budget.

[ ] We did it [ ] We need more time [ ] Let's revisit

DATE NIGHT CARD

Create a mystery date with three clues.

REFLECT

YEAR 1 / JOURNEY 06

Protect Our Time

Quality time + digital distractions

Attention is one of the most meaningful gifts partners give each other.

TALK TOGETHER

Which distractions steal the most connection from us?

OUR ANSWERS

TRY THIS

Choose one daily phone-free connection window.

[ ] We did it [ ] We need more time [ ] Let's revisit

DIGITAL RESET

Place phones away for 30 minutes and reconnect.

REFLECT

YEAR 1 / JOURNEY 07

Feel Me

Emotional connection

Emotional closeness grows when both people can be honest without fear of ridicule or dismissal.

TALK TOGETHER

What helps you open up? What makes you shut down?

OUR ANSWERS

TRY THIS

Finish the sentence: I feel closest to you when...

[ ] We did it [ ] We need more time [ ] Let's revisit

CONNECTION RITUAL

Create a nightly two-question check-in.

REFLECT

YEAR 1 / JOURNEY 08

Touch Without Pressure

Touch and affection

Affection does not have to lead anywhere. Safe, wanted touch can rebuild warmth.

TALK TOGETHER

What kinds of touch feel comforting, playful, or romantic?

OUR ANSWERS

TRY THIS

Create an affection menu together.

[ ] We did it [ ] We need more time [ ] Let's revisit

TOUCH CHALLENGE

Give a two-minute hand, shoulder, or back rub with no expectations.

REFLECT

YEAR 1 / JOURNEY 09

See the Whole Person

Individual goals

Healthy relationships make room for two whole people.

TALK TOGETHER

What do I want to learn, improve, or experience for myself?

OUR ANSWERS

TRY THIS

Choose one personal goal and one support you need from your partner.

[ ] We did it [ ] We need more time [ ] Let's revisit

SOLO GROWTH SURPRISE

Encourage your partner's goal with a thoughtful note.

REFLECT

YEAR 1 / JOURNEY 10

Build Our Picture

Relationship vision + couple goals

A shared vision gives everyday choices a direction.

TALK TOGETHER

What do we want our relationship to feel like one year from now?

OUR ANSWERS

TRY THIS

Write five words that describe your ideal relationship.

[ ] We did it [ ] We need more time [ ] Let's revisit

VISION MOMENT

Create a one-page relationship vision and display it.

REFLECT

YEAR 1 / JOURNEY 11

Weekly Warrior Check-In

Weekly relationship check-in

Small check-ins prevent small issues from becoming giant ones.

TALK TOGETHER

What went well? What felt hard? What do we need more of?

OUR ANSWERS

TRY THIS

Use a 10-minute weekly check-in for four weeks.

[ ] We did it [ ] We need more time [ ] Let's revisit

CHECK-IN CARD

Take turns leading the check-in.

REFLECT

YEAR 1 / JOURNEY 12

Year 1 Reflection

Reconnect review

Look for progress, not perfection.

TALK TOGETHER

Where did we reconnect? Where do we still need attention?

OUR ANSWERS

TRY THIS

Choose three habits to carry into Year 2.

[ ] We did it [ ] We need more time [ ] Let's revisit

REFLECTION BOXXX

Celebrate one change you are proud of.

REFLECT

YEAR 1 REFLECTION

Pause. Notice. Celebrate. Choose what comes next.

The goal is not a perfect year. The goal is a relationship that is more intentional than it was before.

What are we most proud of?

What conversation changed something for us?

What still needs attention?

What habit do we want to keep?

What do we want to leave behind?

Our next-year promise:

One thing I love about you now:

One thing I want us to experience together:

YEAR 2 — BUILD

Creating a stronger partnership

This year turns love into systems: communication, money, home, parenting, boundaries, and rituals.

YEAR AT A GLANCE

eak So We Can Hear	2. Fight Fair	3. Reset the Argument	4. The Art of Apologizing
ho Does What?	6. Money Without Fear	7. Parenting on the Same Team	8. Expectations Out Loud
althy Boundaries	10. Protect Our Marriage	11. Best Friends at Home	12. Year 2 Reflection

OUR INTENTION FOR THIS YEAR

[ ] We will make time.

[ ] We will be honest.

[ ] We will celebrate progress.

YEAR 2 / JOURNEY 01

Speak So We Can Hear

Communication skills

Healthy communication is clear, respectful, specific, and curious.

TALK TOGETHER

What communication habit helps us? Which one escalates us?

OUR ANSWERS

TRY THIS

Use I-statements and one issue at a time.

[ ] We did it [ ] We need more time [ ] Let's revisit

COMMUNICATION CARD

Each partner completes: When I say ___, what I really need is ___.

REFLECT

YEAR 2 / JOURNEY 02

Fight Fair

Conflict resolution

Conflict is not proof of failure. The goal is to protect the relationship while addressing the issue.

TALK TOGETHER

What usually happens right before our arguments escalate?

OUR ANSWERS

TRY THIS

Name the issue, name the need, make one request.

[ ] We did it [ ] We need more time [ ] Let's revisit

CONFLICT RESET

Agree on a pause phrase and a return time.

REFLECT

YEAR 2 / JOURNEY 03

Reset the Argument

Argument resets

A pause is useful only when it includes a plan to reconnect.

TALK TOGETHER

What helps each of us calm down? How will we know we are ready to return?

OUR ANSWERS

TRY THIS

Create your 20-minute reset plan.

[ ] We did it [ ] We need more time [ ] Let's revisit

RESET SURPRISE

Leave a kind note during the pause: We are on the same team.

REFLECT

YEAR 2 / JOURNEY 04

The Art of Apologizing

Apologies

A real apology names the impact, takes responsibility, and changes behavior.

TALK TOGETHER

What makes an apology feel sincere to each of us?

OUR ANSWERS

TRY THIS

Practice: I did ___. I understand it affected you by ___. Next time I will ___.

[ ] We did it [ ] We need more time [ ] Let's revisit

APOLOGY CARD

Write an apology without adding a defense.

REFLECT

YEAR 2 / JOURNEY 05

Who Does What?

Household responsibilities + division of labor

Unspoken labor can become resentment. Make invisible work visible.

TALK TOGETHER

What tasks are mental, emotional, or physical? What feels unfair?

OUR ANSWERS

TRY THIS

List, divide, rotate, and revisit responsibilities.

[ ] We did it [ ] We need more time [ ] Let's revisit

HOME TEAM CHALLENGE

Trade one task for a week and notice the difference.

REFLECT

YEAR 2 / JOURNEY 06

Money Without Fear

Family budgets + financial conversations

Money conversations work best when they focus on shared goals, transparency, and realistic numbers.

TALK TOGETHER

What do we want money to make possible for our family?

OUR ANSWERS

TRY THIS

Complete a simple monthly household budget together.

[ ] We did it [ ] We need more time [ ] Let's revisit

BUDGET BOXXX

Have a no-blame money date.

REFLECT

MONEY DATE — PRINTABLE BUDGET

Use this page with the Family Budget journey. Fill it out together without blame. Numbers are information; the conversation is the work.

Monthly income	Amount
Income 1	$ _____
Income 2	$ _____
Other / variable	$ _____
TOTAL	$ _____

Monthly expenses	Amount
Housing	$ _____
Utilities	$ _____
Food	$ _____
Transportation	$ _____
Debt payments	$ _____
Child / family	$ _____
Savings	$ _____
Fun / dates	$ _____
Other	$ _____
TOTAL	$ _____

Our top three money priorities:

YEAR 2 / JOURNEY 07

Parenting on the Same Team

Parenting teamwork

Children benefit when adults communicate expectations and repair disagreements privately.

TALK TOGETHER

Where do we agree? Where do we need a shared plan?

OUR ANSWERS

TRY THIS

Choose one parenting issue and create a united response.

[ ] We did it [ ] We need more time [ ] Let's revisit

PARENTING CARD

Finish: Our children should experience us as...

REFLECT

YEAR 2 / JOURNEY 08

Expectations Out Loud

Expectations

Many conflicts begin with rules nobody knew existed.

TALK TOGETHER

What did you assume your partner would know or do?

OUR ANSWERS

TRY THIS

Name three expectations and decide which are negotiable.

[ ] We did it [ ] We need more time [ ] Let's revisit

EXPECTATION CHALLENGE

Ask: Is this a need, preference, habit, or assumption?

REFLECT

YEAR 2 / JOURNEY 09

Healthy Boundaries

Boundaries

A boundary protects a value; it is not a tool for controlling another person.

TALK TOGETHER

Where do we need clearer boundaries with time, family, technology, or privacy?

OUR ANSWERS

TRY THIS

Write three boundaries using clear, respectful language.

[ ] We did it [ ] We need more time [ ] Let's revisit

BOUNDARY CARD

Complete: To protect our relationship, we will...

REFLECT

YEAR 2 / JOURNEY 10

Protect Our Marriage

Relationship rituals

Rituals make connection easier when life gets busy.

TALK TOGETHER

What tiny rituals would make us feel chosen every day?

OUR ANSWERS

TRY THIS

Create a morning, evening, and weekly ritual.

[ ] We did it [ ] We need more time [ ] Let's revisit

RITUAL SURPRISE

Start one ritual tonight.

REFLECT

YEAR 2 / JOURNEY 11

Best Friends at Home

Building friendship inside the relationship

Friendship grows through interest, humor, kindness, and shared experiences.

TALK TOGETHER

What does my partner enjoy that I want to know more about?

OUR ANSWERS

TRY THIS

Schedule one friendship activity.

[ ] We did it [ ] We need more time [ ] Let's revisit

FRIENDSHIP BOXXX

Ask your partner to teach you something they love.

REFLECT

YEAR 2 / JOURNEY 12

Year 2 Reflection

Build review

Strong partnerships are built through repeatable habits.

TALK TOGETHER

What systems made life easier? What still creates friction?

OUR ANSWERS

TRY THIS

Choose three partnership systems to keep.

[ ] We did it [ ] We need more time [ ] Let's revisit

BUILD CELEBRATION

Celebrate a practical win together.

REFLECT

YEAR 2 REFLECTION

Pause. Notice. Celebrate. Choose what comes next.

The goal is not a perfect year. The goal is a relationship that is more intentional than it was before.

What are we most proud of?

What conversation changed something for us?

What still needs attention?

What habit do we want to keep?

What do we want to leave behind?

Our next-year promise:

One thing I love about you now:

One thing I want us to experience together:

YEAR 3 — DEEPEN

Going beneath the surface

This year explores the deeper layers of connection—distance, resentment, trust, vulnerability, desire, and safety.

YEAR AT A GLANCE

ose the Distance	2. Release Resentment	3. Understand Jealousy	4. Let Me See You
build Safety	6. Have the Hard Talk	7. Intimacy Beyond the Bedroom	8. Touch Again
sire Without Pressure	10. Emotional Safety	11. See Me, Appreciate Me	12. Find Each Other After Stress

OUR INTENTION FOR THIS YEAR

[ ] We will make time.

[ ] We will be honest.

[ ] We will celebrate progress.

YEAR 3 / JOURNEY 01

Close the Distance

Emotional distance

Distance often grows quietly. Naming it early creates a path back.

TALK TOGETHER

Where have we felt far apart lately? What would closeness look like?

OUR ANSWERS

TRY THIS

Choose one daily connection practice.

[ ] We did it [ ] We need more time [ ] Let's revisit

RECONNECTION NOTE

Write: I miss when we...

REFLECT

YEAR 3 / JOURNEY 02

Release Resentment

Resentment

Resentment often points to an unmet need, unresolved hurt, or repeated imbalance.

TALK TOGETHER

What am I still carrying? What needs to be repaired?

OUR ANSWERS

TRY THIS

Separate the issue from the story and make one concrete request.

[ ] We did it [ ] We need more time [ ] Let's revisit

RELEASE RITUAL

Write what you want to stop carrying and what you need instead.

REFLECT

YEAR 3 / JOURNEY 03

Understand Jealousy

Jealousy

Jealousy can signal fear, insecurity, unmet needs, or unclear agreements.

TALK TOGETHER

What fear sits underneath jealousy? What reassurance is helpful?

OUR ANSWERS

TRY THIS

Name the fear without accusation.

[ ] We did it [ ] We need more time [ ] Let's revisit

REASSURANCE CARD

Complete: I feel secure when you...

REFLECT

YEAR 3 / JOURNEY 04

Let Me See You

Vulnerability

Vulnerability is sharing honestly while respecting each person's pace and boundaries.

TALK TOGETHER

What is hard for me to say because I fear judgment or rejection?

OUR ANSWERS

TRY THIS

Share one small truth and respond with curiosity.

[ ] We did it [ ] We need more time [ ] Let's revisit

VULNERABILITY MOMENT

Thank your partner for trusting you with something tender.

REFLECT

YEAR 3 / JOURNEY 05

Rebuild Safety

Trust

Trust grows through consistency, transparency, and follow-through.

TALK TOGETHER

What behaviors build trust for each of us? What behaviors damage it?

OUR ANSWERS

TRY THIS

Create a trust-building behavior list.

[ ] We did it [ ] We need more time [ ] Let's revisit

TRUST CHALLENGE

Choose one trust-building action and repeat it for 14 days.

REFLECT

YEAR 3 / JOURNEY 06

Have the Hard Talk

Difficult conversations

Hard conversations need preparation, timing, and a shared goal.

TALK TOGETHER

What conversation have we been avoiding?

OUR ANSWERS

TRY THIS

Write the goal, facts, feelings, needs, and request before talking.

[ ] We did it [ ] We need more time [ ] Let's revisit

BRAVE CONVERSATION CARD

Begin with: I want us to understand each other, not win.

REFLECT

YEAR 3 / JOURNEY 07

Intimacy Beyond the Bedroom

Intimacy

Intimacy includes emotional, intellectual, playful, and physical connection.

TALK TOGETHER

Which type of intimacy feels strongest? Which needs attention?

OUR ANSWERS

TRY THIS

Choose one nonsexual intimacy practice.

[ ] We did it [ ] We need more time [ ] Let's revisit

INTIMACY SURPRISE

Create a cozy connection night with no agenda.

REFLECT

YEAR 3 / JOURNEY 08

Touch Again

How to touch again

Affection can be rebuilt through consent, patience, and positive experiences.

TALK TOGETHER

What touch feels safe, welcome, comforting, or romantic?

OUR ANSWERS

TRY THIS

Build a yes / maybe / not-now touch list.

[ ] We did it [ ] We need more time [ ] Let's revisit

TOUCH MENU

Choose one affectionate touch ritual.

REFLECT

YEAR 3 / JOURNEY 09

Desire Without Pressure

How to desire each other again

Desire can be influenced by stress, resentment, novelty, body image, hormones, sleep, and emotional connection.

TALK TOGETHER

What helps desire feel possible for each of us?

OUR ANSWERS

TRY THIS

Identify one pressure to remove and one connection to add.

[ ] We did it [ ] We need more time [ ] Let's revisit

DESIRE DATE

Plan an experience that feels playful, not performance-based.

REFLECT

YEAR 3 / JOURNEY 10

Emotional Safety

Feeling safe with each other

Safety means being able to speak honestly without humiliation, threats, coercion, or punishment.

TALK TOGETHER

What behaviors make our relationship feel emotionally safe?

OUR ANSWERS

TRY THIS

Create three agreements for respectful disagreement.

[ ] We did it [ ] We need more time [ ] Let's revisit

SAFETY CARD

Practice one repair phrase: I hear you; let's slow down.

REFLECT

YEAR 3 / JOURNEY 11

See Me, Appreciate Me

Feeling seen and appreciated

Specific appreciation helps partners feel noticed.

TALK TOGETHER

What do I do that you may not always see? What do I appreciate about you?

OUR ANSWERS

TRY THIS

Give three specific appreciations.

[ ] We did it [ ] We need more time [ ] Let's revisit

APPRECIATION SURPRISE

Hide three short appreciation notes.

REFLECT

YEAR 3 / JOURNEY 12

Find Each Other After Stress

Reconnecting after stressful seasons

Stress can make couples function like coworkers. Reconnection needs intentionality.

TALK TOGETHER

What stress has affected us? What support would help?

OUR ANSWERS

TRY THIS

Create a post-stress reconnection ritual.

[ ] We did it [ ] We need more time [ ] Let's revisit

RECOVERY BOXXX

Plan a gentle reset day together.

REFLECT

YEAR 3 REFLECTION

Pause. Notice. Celebrate. Choose what comes next.

The goal is not a perfect year. The goal is a relationship that is more intentional than it was before.

What are we most proud of?

What conversation changed something for us?

What still needs attention?

What habit do we want to keep?

What do we want to leave behind?

Our next-year promise:

One thing I love about you now:

One thing I want us to experience together:

YEAR 4 — REPAIR & RENEW

Healing what has been hurt

This year focuses on repair, renewal, accountability, boundaries, forgiveness, and rebuilding after hurt.

YEAR AT A GLANCE

me the Break	2. After Betrayal	3. Working Back From Infidelity	4. Trust Through Actions
otect the Partnership	6. When Family Gets Involved	7. When Families Clash	8. Parenting Through Disagreement
tangling Big Resentment	10. Jealousy After Hurt	11. From Withdrawal to Connection	12. Forgive With Wisdom

OUR INTENTION FOR THIS YEAR

[ ] We will make time.

[ ] We will be honest.

[ ] We will celebrate progress.

YEAR 4 / JOURNEY 01

Name the Break

Trust violations

Trust injuries need honest naming, accountability, and consistent repair.

TALK TOGETHER

What happened? What impact did it have? What needs acknowledgment?

OUR ANSWERS

TRY THIS

Write facts separately from assumptions and fears.

[ ] We did it [ ] We need more time [ ] Let's revisit

REPAIR CARD

Use: What I need you to understand is...

REFLECT

YEAR 4 / JOURNEY 02

After Betrayal

Betrayal

Healing after betrayal is often non-linear. Both people need honesty, boundaries, and support.

TALK TOGETHER

What would accountability and safety look like now?

OUR ANSWERS

TRY THIS

List immediate needs, longer-term needs, and boundaries.

[ ] We did it [ ] We need more time [ ] Let's revisit

SAFETY BOXXX

Create a calm, agreed-upon check-in ritual.

REFLECT

YEAR 4 / JOURNEY 03

Working Back From Infidelity

Rebuilding after infidelity

Rebuilding trust requires sustained transparency, responsibility, and changed behavior. Professional support can be valuable for serious breaches.

TALK TOGETHER

What questions need answers? What agreements need rebuilding?

OUR ANSWERS

TRY THIS

Create a rebuilding plan focused on honesty, boundaries, and consistency.

[ ] We did it [ ] We need more time [ ] Let's revisit

REBUILDING CARD

Choose one measurable trust-building behavior for the week.

REFLECT

REBUILDING TRUST — 30 DAY TRACKER

Choose behaviors that are observable and realistic. Trust is built by consistency over time.

Day	Followed through	Transparent	Kind / respectful	Notes
1	[ ]	[ ]	[ ]	
2	[ ]	[ ]	[ ]	
3	[ ]	[ ]	[ ]	
4	[ ]	[ ]	[ ]	
5	[ ]	[ ]	[ ]	
6	[ ]	[ ]	[ ]	
7	[ ]	[ ]	[ ]	
8	[ ]	[ ]	[ ]	
9	[ ]	[ ]	[ ]	
10	[ ]	[ ]	[ ]	
11	[ ]	[ ]	[ ]	
12	[ ]	[ ]	[ ]	
13	[ ]	[ ]	[ ]	
14	[ ]	[ ]	[ ]	
15	[ ]	[ ]	[ ]	
16	[ ]	[ ]	[ ]	
17	[ ]	[ ]	[ ]	
18	[ ]	[ ]	[ ]	
19	[ ]	[ ]	[ ]	
20	[ ]	[ ]	[ ]	
21	[ ]	[ ]	[ ]	
22	[ ]	[ ]	[ ]	
23	[ ]	[ ]	[ ]	
24	[ ]	[ ]	[ ]	
25	[ ]	[ ]	[ ]	
26	[ ]	[ ]	[ ]	
27	[ ]	[ ]	[ ]	
28	[ ]	[ ]	[ ]	
29	[ ]	[ ]	[ ]	
30	[ ]	[ ]	[ ]	

YEAR 4 / JOURNEY 04

Trust Through Actions

Rebuilding trust

Trust is rebuilt in small moments repeated over time.

TALK TOGETHER

What promises need to become behaviors?

OUR ANSWERS

TRY THIS

Choose three behaviors and track them for 30 days.

[ ] We did it [ ] We need more time [ ] Let's revisit

TRUST TRACKER

Mark each day you followed through.

REFLECT

YEAR 4 / JOURNEY 05

Protect the Partnership

Re-establishing boundaries

Boundaries with others can protect the couple's privacy and priorities.

TALK TOGETHER

Where do outside relationships create tension?

OUR ANSWERS

TRY THIS

Write boundaries around information, visits, advice, and conflict.

[ ] We did it [ ] We need more time [ ] Let's revisit

BOUNDARY SCRIPT

Practice a respectful sentence for saying no.

REFLECT

YEAR 4 / JOURNEY 06

When Family Gets Involved

In-law interference

Couples can respect family while keeping the partnership central.

TALK TOGETHER

Where do we need a united approach?

OUR ANSWERS

TRY THIS

Decide what stays private and who communicates the boundary.

[ ] We did it [ ] We need more time [ ] Let's revisit

FAMILY TEAM CARD

Present one boundary together.

REFLECT

YEAR 4 / JOURNEY 07

When Families Clash

Family conflict

Do not make your partner choose between love and loyalty. Focus on shared values and specific behavior.

TALK TOGETHER

What family conflict affects us most?

OUR ANSWERS

TRY THIS

Separate the person from the behavior and agree on a response.

[ ] We did it [ ] We need more time [ ] Let's revisit

FAMILY REPAIR

Choose one calm next step.

REFLECT

YEAR 4 / JOURNEY 08

Parenting Through Disagreement

Parenting disagreements

Children should not become messengers or referees for adult conflict.

TALK TOGETHER

What parenting disagreement keeps repeating?

OUR ANSWERS

TRY THIS

Use a decision grid: values, safety, consistency, flexibility.

[ ] We did it [ ] We need more time [ ] Let's revisit

PARENTING RESET

Schedule a private parenting meeting.

REFLECT

YEAR 4 / JOURNEY 09

Untangling Big Resentment

Major resentment

Resentment needs both accountability and change, not just venting.

TALK TOGETHER

What repeated pattern has worn me down?

OUR ANSWERS

TRY THIS

Name the pattern, impact, need, request, and follow-up.

[ ] We did it [ ] We need more time [ ] Let's revisit

RELEASE & REPAIR

Choose one behavior each person will change.

REFLECT

YEAR 4 / JOURNEY 10

Jealousy After Hurt

Jealousy

After a trust injury, reassurance and transparency may need to be rebuilt gradually.

TALK TOGETHER

What triggers fear now? What reassurance helps without becoming control?

OUR ANSWERS

TRY THIS

Create a reassurance plan and a boundary plan.

[ ] We did it [ ] We need more time [ ] Let's revisit

REASSURANCE RITUAL

Agree on a predictable check-in.

REFLECT

YEAR 4 / JOURNEY 11

From Withdrawal to Connection

Emotional withdrawal

Withdrawal can protect someone from overwhelm but can also increase distance. Build safer ways to pause.

TALK TOGETHER

What do I do when I shut down? What helps me return?

OUR ANSWERS

TRY THIS

Create a return-to-connection agreement.

[ ] We did it [ ] We need more time [ ] Let's revisit

RETURN CARD

Use: I need a pause, and I will come back at ___.

REFLECT

YEAR 4 / JOURNEY 12

Forgive With Wisdom

Forgiveness

Forgiveness does not erase consequences or require instant trust. It can coexist with boundaries.

TALK TOGETHER

What would forgiveness mean to me? What would it not mean?

OUR ANSWERS

TRY THIS

Define what is being released and what still must change.

[ ] We did it [ ] We need more time [ ] Let's revisit

FORGIVENESS REFLECTION

Write a compassionate statement to yourself.

REFLECT

YEAR 4 / JOURNEY 13

Intimacy After Hurt

Rebuilding intimacy after hurt

Physical closeness should never be forced. Emotional safety and consent come first.

TALK TOGETHER

What would help intimacy feel safe and wanted again?

OUR ANSWERS

TRY THIS

Build a gradual closeness ladder together.

[ ] We did it [ ] We need more time [ ] Let's revisit

GENTLE CONNECTION

Choose the smallest comfortable step.

REFLECT

YEAR 4 / JOURNEY 14

Disagree Without Destruction

Learning to disagree without destroying connection

You can be angry and still protect dignity.

TALK TOGETHER

What lines must we never cross during conflict?

OUR ANSWERS

TRY THIS

Write your couple's conflict code.

[ ] We did it [ ] We need more time [ ] Let's revisit

WARRIOR CODE

Sign your agreement to protect the relationship while disagreeing.

REFLECT

YEAR 4 REFLECTION

Pause. Notice. Celebrate. Choose what comes next.

The goal is not a perfect year. The goal is a relationship that is more intentional than it was before.

What are we most proud of?

What conversation changed something for us?

What still needs attention?

What habit do we want to keep?

What do we want to leave behind?

Our next-year promise:

One thing I love about you now:

One thing I want us to experience together:

YEAR 5 — THRIVE

Creating the relationship you want for the future

This year turns your relationship toward the future: dreams, family, money, home, adventure, intimacy, traditions, and legacy.

YEAR AT A GLANCE

r Next Five Years	2. My Dreams Matter	3. Our Dreams Matter	4. Build the Family Future
oney With a Mission	6. The Life We Want at Home	7. Adventure Is a Habit	8. Keep Choosing Intimacy
ake Memories on Purpose	10. What Will We Leave Behind?	11. Keep Dating	12. Keep Laughing & Touching

OUR INTENTION FOR THIS YEAR

[ ] We will make time.

[ ] We will be honest.

[ ] We will celebrate progress.

YEAR 5 / JOURNEY 01

Our Next Five Years

5-year relationship vision

A future becomes easier to build when you name it together.

TALK TOGETHER

What do we want our relationship to feel like five years from now?

OUR ANSWERS

TRY THIS

Write a shared vision in present tense.

[ ] We did it [ ] We need more time [ ] Let's revisit

VISION BOXXX

Create a future-letter to each other.

REFLECT

YEAR 5 / JOURNEY 02

My Dreams Matter

Individual dreams

Two individual lives can grow inside one partnership.

TALK TOGETHER

What do I want to become, learn, or experience?

OUR ANSWERS

TRY THIS

Choose one dream and identify the support needed.

[ ] We did it [ ] We need more time [ ] Let's revisit

DREAM CARD

Celebrate your partner's dream without turning it into a task list.

REFLECT

YEAR 5 / JOURNEY 03

Our Dreams Matter

Couple dreams

Shared dreams create purpose and adventure.

TALK TOGETHER

What do we want to experience together?

OUR ANSWERS

TRY THIS

Choose three shared dreams and rank them.

[ ] We did it [ ] We need more time [ ] Let's revisit

DREAM DATE

Plan the first small step.

REFLECT

YEAR 5 / JOURNEY 04

Build the Family Future

Family goals

Family goals need shared priorities and realistic next steps.

TALK TOGETHER

What do we want our family life to feel like?

OUR ANSWERS

TRY THIS

Choose three family priorities for the next year.

[ ] We did it [ ] We need more time [ ] Let's revisit

FAMILY VISION

Create a family tradition together.

REFLECT

YEAR 5 / JOURNEY 05

Money With a Mission

Financial goals

Financial planning is easier when numbers serve shared values.

TALK TOGETHER

What are we saving for, protecting, or changing?

OUR ANSWERS

TRY THIS

Create goals for saving, spending, giving, and debt reduction as relevant.

[ ] We did it [ ] We need more time [ ] Let's revisit

MONEY DATE

Schedule a monthly money meeting.

REFLECT

YEAR 5 / JOURNEY 06

The Life We Want at Home

Home and lifestyle goals

Your home should support the life you are trying to live.

TALK TOGETHER

What do we want more or less of at home?

OUR ANSWERS

TRY THIS

Choose one home/lifestyle improvement.

[ ] We did it [ ] We need more time [ ] Let's revisit

HOME RESET

Do one small improvement together.

REFLECT

YEAR 5 / JOURNEY 07

Adventure Is a Habit

Adventure and travel

Adventure can be a trip, a new class, a local day, or a first-time experience.

TALK TOGETHER

What makes us feel alive together?

OUR ANSWERS

TRY THIS

Plan one big and one small adventure.

[ ] We did it [ ] We need more time [ ] Let's revisit

ADVENTURE SURPRISE

Reveal a surprise outing or at-home adventure.

REFLECT

YEAR 5 / JOURNEY 08

Keep Choosing Intimacy

Intimacy goals

Long-term intimacy benefits from curiosity, consent, communication, and play.

TALK TOGETHER

What do we want to protect or explore?

OUR ANSWERS

TRY THIS

Set one emotional and one physical connection goal.

[ ] We did it [ ] We need more time [ ] Let's revisit

INTIMACY DATE

Create a no-pressure connection night.

REFLECT

YEAR 5 / JOURNEY 09

Make Memories on Purpose

Traditions

Traditions give couples and families a sense of identity.

TALK TOGETHER

What traditions do we want to start, keep, or retire?

OUR ANSWERS

TRY THIS

Choose two annual and two everyday traditions.

[ ] We did it [ ] We need more time [ ] Let's revisit

TRADITION BOXXX

Begin one tradition this month.

REFLECT

YEAR 5 / JOURNEY 10

What Will We Leave Behind?

Legacy

Legacy is more than money. It includes values, stories, habits, and how people experience your love.

TALK TOGETHER

What do we want people to learn from how we love?

OUR ANSWERS

TRY THIS

Write five values you want your relationship to model.

[ ] We did it [ ] We need more time [ ] Let's revisit

LEGACY LETTER

Write a letter about what your partnership stands for.

REFLECT

YEAR 5 / JOURNEY 11

Keep Dating

Continuing to date each other

Long-term love still needs novelty, attention, and play.

TALK TOGETHER

What keeps us curious about one another?

OUR ANSWERS

TRY THIS

Create a 12-month date list.

[ ] We did it [ ] We need more time [ ] Let's revisit

DATE CHALLENGE

Schedule the next three dates before the month ends.

REFLECT

YEAR 5 / JOURNEY 12

Keep Laughing & Touching

Keeping laughter and physical affection alive

Connection is maintained by small, repeatable moments.

TALK TOGETHER

What playful and affectionate habits do we want to keep?

OUR ANSWERS

TRY THIS

Create your Couple Connection Menu.

[ ] We did it [ ] We need more time [ ] Let's revisit

SURPRISE BOXXX RITUAL

Choose a recurring surprise ritual.

REFLECT

YEAR 5 REFLECTION

Pause. Notice. Celebrate. Choose what comes next.

The goal is not a perfect year. The goal is a relationship that is more intentional than it was before.

What are we most proud of?

What conversation changed something for us?

What still needs attention?

What habit do we want to keep?

What do we want to leave behind?

Our next-year promise:

One thing I love about you now:

One thing I want us to experience together:

THE FIVE-YEAR LOOK BACK

We grew. We repaired. We laughed. We chose each other.

Write this together after completing the journey.

The biggest change in our relationship was:

The hardest season we learned from was:

The habit that changed us most was:

The way we learned to communicate better was:

The way we learned to protect our relationship was:

The funniest memory from these five years was:

OUR NEXT 5-YEAR PLAN

Choose us again. Then build the next chapter.

AREA	OUR VISION	FIRST STEP
Relationship		
Individual growth		
Family		
Money		
Home / lifestyle		
Adventure		
Intimacy		
Friendship / fun		
Legacy		

OUR FIVE-YEAR LETTER

Write a letter to your future selves. What do you hope you protected, learned, laughed about, and built?

THE WARRIOR COUPLE PROMISE

Stronger together. Unstoppable forever.

We will remember that our relationship is not built in one grand moment. It is built in the small moments: the check-in, the apology, the laugh, the hand held, the budget conversation, the boundary, the date, the honest answer, the second chance, and the choice to come back to each other.

We promise to keep learning each other.

We promise to protect our friendship.

We promise to communicate with courage and kindness.

We promise to make room for both of us to grow.

We promise to keep choosing connection.

Partner 1 signature: _____

Partner 2 signature: _____

Date: _____

SURPRISE BOXXXES

Small moments. Stronger marriages.