

Suggested Action Steps

So ...what practical actions steps could you implement, with the goal to improve your current situation? You may have heard the definition of insanity, “doing the same thing and expecting a different outcome”. Often our lives are busy and sometimes we end up wasting valuable time just being busy. A suggestion is to cut out some less productive activities and then add a few healthy tools to begin growing in your marriage or current relationships. I encourage you begin today taking positive steps to begin to change your tomorrow and learn how to become a student of relationships. Don't wait...write down some positive, practical steps that you can begin today.

Here are some positive practical suggestions to help improve your current situation:

- 1) Start attending your local Christian-based church each week.
- 2) Personal / couples counseling bi-weekly (or both).
- 3) Join a men's support group in your local Christian-based church.
- 4) Join a men's/ couples bible study in your local Christian-based church.
- 5) Attend Christian-based marriage seminars.
- 6) Read several Christian-based books (see the MMG suggested website book list).
- 7) Read the bible 15-20 minutes per day in conjunction with a specific study.
- 8) Set a goal to memorize x1 bible verse per week.
- 9) Begin tithing, (learn this valuable habit to giving back to God each week).
- 10) Find 1-2 safe Godly men you can share openly with on a weekly basis.

List below a few practical actions steps you can begin today.
