

Part One: Your Journey Together

Chapter 1: One Marriage, Many Drifts, Thousands of Course Corrections

Chapter 2: Happiness Is a Choice

Here's a fascinating fact about space travel: *“Our people at NASA are in control of our flights about 3 percent of the time, and 97 percent of the time, we [astronauts] are just [making] course corrections.”*

There's such a strong parallel to marriage in that statement. Think about your dating and engagement months as 3 percent of your relationship. Ninety-seven percent is your marriage relationship. That's the percentage of time you'll spend making course corrections to ensure you'll reach your target. Your marriage journey has the potential to be out of this world (think of the incredible views from space), but it also has the potential to crash if you don't make thousands of small (and occasionally large) course corrections along the way.

Everyone processes information in different ways. Below you'll find several questions to choose from for you to discuss as a couple or small group. Pick the ones that you want to talk about and get the conversation started.

QUESTIONS FROM THE VIDEO

- Are you and your spouse on the same page when it comes to priorities?
- If not, what needs to happen for you to get on the same page?
- What does intentionality mean to you in your marriage?

QUESTIONS FROM CHAPTERS 1 & 2

- How would you rate your general satisfaction on a scale of 1 (miserable) to 10 (amazing)?
- What are you currently doing right in your marriage that you hope to continue doing fifty years from now?
- What proactive choices could you make to improve your marriage relationship?
- What course corrections do you need to implement to improve your relationship and keep your marriage from drifting?
- Do you ever play the “If Only” game? If so, what are your most common “if only” thoughts about your spouse? What can you do to change your attitude?
- List the top 4 qualities that you are thankful for in your spouse.