

PRE-MARITAL CARE TIPS

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DISCUSS FINANCIAL GOALS AND BUDGETS



Sit down together and openly discuss your financial situations, future goals, and expectations about budgeting, spending, and saving.

Engage in premarital counseling to address potential issues and learn communication skills that will benefit your marriage.

2

COMPLETE A PRE-MARITAL COUNSELING COURSE



Talk about whether you want children, how many, and your views on parenting. Include discussions on timing and any concerns about fertility or adoption.

3

EXPLORE FAMILY PLANNING DESIRES



Understand each other's career goals and aspirations. Discuss how these might impact your life together, including relocation, time commitments, and financial implications.

4

SET CAREER EXPECTATIONS



Identify how each of you handles conflict and develop a strategy for managing disagreements in a healthy way.

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CREATE A CONFLICT RESOLUTION PLAN



Share stories about your upbringing, family traditions, and cultural backgrounds to foster understanding and appreciation.

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LEARN ABOUT EACH OTHER'S BACKGROUNDS



Agree on the importance of personal space and hobbies. Discuss how you'll support each other's need for individual growth and leisure.

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PLAN FOR PERSONAL TIME



Decide how household tasks will be divided. Be clear about expectations to avoid future conflicts.

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DISCUSS HOUSEHOLD RESPONSIBILITIES



Learn about each other's love languages to better meet your partner's emotional needs.

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UNDERSTAND EACH OTHER'S LOVE LANGUAGES



Talk about joint and separate accounts, handling debt, and investments. Consider creating a financial plan or meeting with a financial advisor.

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ESTABLISH FINANCIAL BOUNDARIES



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TALK ABOUT RELATIONSHIP BOUNDARIES



Define what is acceptable regarding friendships, work relationships, and interactions with exes.

Share your visions for the next 5, 10, and 20 years. Align your goals concerning living arrangements, travel, lifestyle, and retirement.

SET GOALS

DISCUSS LONG-TERM GOALS

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AGREE ON HOW TO HANDLE EXTENDED FAMILY



Discuss how you will manage holidays, family obligations, and boundaries with in-laws.

Establish regular check-ins or date nights to keep communication open and consistent.



CREATE A COMMUNICATION ROUTINE

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DEVELOP A HEALTH AND WELLNESS PLAN



Talk about your health habits and how you can support each other in maintaining physical and mental well-being.

If spirituality or religion is important to either of you, discuss how it will fit into your life together.



EXPLORE SPIRITUAL BELIEFS

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PLAN FINANCIAL SAFETY NETS



Discuss building an emergency fund and planning for unexpected financial strains.

Set expectations about privacy, including how you handle passwords, devices, and personal space.



AGREE ON PRIVACY LEVELS

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DISCUSS LIFE INSURANCE AND WILLS



Talk about preparing for the worst-case scenarios, including life insurance and wills, to ensure that you are both protected.

Find activities you both enjoy, which can strengthen your bond and provide common ground.



ENGAGE IN MUTUAL HOBBY EXPLORATION

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DEFINE YOUR COMMITMENT



Understand what commitment means to each of you and how you will demonstrate this in your marriage.

Building a shared social circle or engaging in community activities can enhance your social life and support network.



PARTICIPATE IN COMMUNITY OR SOCIAL ACTIVITIES

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LEARN STRESS MANAGEMENT TOGETHER



Develop strategies for managing stress as a couple, which can help during more challenging times.

Enroll in workshops or seminars on topics relevant to marriage, such as communication, finance, or intimacy.



ATTEND WORKSHOPS OR SEMINARS

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REGULARLY EVALUATE YOUR RELATIONSHIP



Set a routine, perhaps annually, to discuss the state of your relationship, reassess goals, and make adjustments to your plans as necessary.