

LESSON 9

PRAISING YOUR SPOUSE

How do I uplift and encourage my spouse?

Instructions: Our words have incredible power to build up our spouse or tear them down. We need to be intentional about building them up. Try and find something to praise about your spouse every day. Cut out the cards below and leave them for your spouse to find, copy them into a note, send your spouse a text, leave a voicemail, or get even more creative!

I really appreciated when you...

I loved when you...

Thank you for going above and beyond by...

I was really struggling with...

and you did an amazing job by...

You made my day when you...

I love your...

You did a great job with...

You're my favorite because you...

I felt like a team when you...

I loved watching you...

You are amazing at...

I'm so thankful that you...

You do such a good job taking care of...

You're such a good...

You've grown so much in...

You make me want to be more...

You're such a great example of...

I'm so proud of you because...

You're such a great example of...

You inspire me when you...

You really make a difference when you...

Thank you for taking the lead with...

I'm so glad that you...

One of my favorite things about you is...

You've grown so much in...

You make me want to be more...

I want to be a better person when you...

I adore that you...
