
The 10 Priorities Challenge

How To Give & Get The Most Out Of Your Relationship

This is pretty straightforward, and its gonna make you think. No one (and I mean no one) has a long-lasting, healthy and happy relationship by accident. You must learn to communicate what you need, and be willing to give 100% of yourself to your relationship if you want it to succeed.

How The Priorities Challenge Works:

- Each of you will write out 10 things you want to GET from your partner
- Then, you'll each write out 10 things you want to GIVE to your partner
- Take a hot minute to really think about what you want. Nothing's off limits. These 10 things can be practical, sexual, spiritual... They're whatever you deeply desire and need within your marriage.

10 Things You're GIVING

- This part is cool. Once you swap lists, the 10 things that matter most, are the 10 things that your **partner** says they NEED from you.
- But, the purpose of writing out what you personally want to give, is so you can maybe surprise them of something you WANT to give, but haven't been so focused on lately.
- And what matters most is the list of 10 things you RECEIVE. Because those are your partner's needs, and it's more important you give what they need from you, rather than what you feel they need.
- Nothing's concrete – you can switch up the list after you both share if it seems right! Don't freak out... just enjoy the process!

10 Things You NEED

- Be sure to print out the downloadable PDF I have for you below.
- Fold the paper in half and put it on your nightstand, fold it up in your wallet or tape it to the mirror. Put it somewhere you'll see every day for about a month.
- Remind yourself on the daily, because it's not like you're gonna magically remember all 10 things. Be practical; be willing to give 100% of yourself.

10 Things I Want To Give My Love

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

10 Things I Want To **Get** From My Love

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____