

Happy Habits for Every Couple **Encouragement Covenant**

The Covenant

We, the readers of *Happy Habits for Every Couple*, enthusiastically agree to enter into an encouraging relationship with each other for the sole purpose of engaging in and completing all Projects to intentionally love and support our spouse. As the encouragement crew we vow to . . .

- Encourage each
- Check in with each other at least once a week.
- Put our plans on paper and discuss them with each other.
- Laugh only *with* each other, not *at* each other.
- Not talk badly about our spouse for the 21 days.
- Pray for each other every day for the 21 days.
- Keep details confidential. What we discuss with our encouragement crew stays with our encouragement crew.
- Ask for help, motivation, or inspiration if we're having a rough

We sign and acknowledge *Happy Habits for Every Couple* Encouragement Covenant on this ____ day of

Project Manager (Husband)

Project Manager (Wife)

Encourager

Encourager