

Stuff That Works Building Families

Chapter 11

“Walks With Spouse”

Take Action

Stuff That Works Building Families

Chapter 11 Take Action: Content

- Take a walk with you spouse. Plan it now!
- Schedule a regular walk with your spouse. Try it nightly.
- Start a walk bucket list and begin working it with your spouse.
- Invest time on Stuffthatworksbooks.com

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Chapter 11 Take Action: Action 1

Take a walk with you spouse. Plan it now!

ACTION

The key is to start.

You may be able to do this spontaneously. "Hey Hun let's take a walk."

If that does not work then follow-up immediately with a, "let's schedule a time for a walk". This will most likely lead to a conversation as to why and a chance for you to use my brilliant book with your spouse.

The key is to begin. Gain your spouses support and start walking. Make a commitment and follow through.

It does not matter how long or how far you go. Just get outside and walk. Go to the mall and walk. Walk your yard , your block, your town. Get on side by side tread mills at the club.

Walk! It does a family good.

EXAMPLES



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Chapter 11 Take Action: Action 2

Schedule a regular walk with your spouse. Try it nightly.

ACTION.

My wife and I try Saturday mornings. Our kids have few weekend activities. When they do have an activity like games etc. We try to walk before or after the activity.

For you it might be as simple as walking 10 minutes after every week night dinner or just one day a week after dinner.

The key is to find at least 10 minutes when you can walk together each and every week.

Come on 10 minutes. You can do it.

Remember it does not matter how long you walk or where. What matters is that you both commit to it and you make it happen.

Invest in being together and doing something physical beyond sex.

EXAMPLES

Times to Walk

1. 10 minutes every morning
2. 10 minutes every night
3. Saturday mornings for an hour
4. Sunday Mornings for an Hour
5. Sunday after lunch
6. Sunday Night before dinner
7. During Soccer practices
8. After Soccer games
9. Before Sporting events while kids are preparing
10. Before bed each night

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Chapter 11 Take Action: Action 3

Start a walk bucket list and begin working it with your spouse.

ACTION.

I have found it helpful to have a conversation lists for our walks. I almost never use it but it helps get things going. If I engage my wife in building it and we review it or build it at the start of each walk that works too.

The key here is not to allow it to become too programmed but a little structure can help.

You must remain fluid and not make this a chore. It is about balance and spontaneity within a set time and activity.

Keep trying you will figure it out together.

EXAMPLES

Conversation List

1. Kids
2. Our Marriage on a scale of 1 to 10. Why?
3. Sex
4. Romance
5. Vacation
6. Upcoming holidays
7. How can I help you
8. What is working
9. What is not working
10. What do we need to start doing better
11. What should we stop doing
12. Are our kids prepared for life
13. How can we prepare our children for life
14. How are our parents
15. Do we have friends
16. How can we make friends
17. Are we good friends
18. What about the neighbors

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Chapter 11 Take Action: Action 4

Invest time on Stuffthatworksbooks.com to discover more ways to add fun to daily office life.

ACTION.

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site Stuffthatworksbooks.com .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

EXAMPLES

CONTRIBUTE

It is easy to share your Stuff That Works.

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Then select “Submit an Idea”.

Easy!

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It is easy to Learn Stuff That Works from others.

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