

WELCOME TO

**HOW TO GET YOUR SPOUSE ON BOARD WITH YOUR DREAMS, AND
MAKE PROGRESS ON THEM, EVEN IF YOU THINK HE WON'T
UNDERSTAND OR SUPPORT YOU**

TONIGHT WE WILL TACKLE:

- ▶ How to dream with your spouse (yes, there is a strategy)
- ▶ How to respect their individuality, and feel like a team
- ▶ The worst thing you can do when trying to pursue your dreams within motherhood and marriage



YOU ARE IN THE RIGHT PLACE:

- ▶ IF YOU HAVE BIG DREAMS FOR YOUR FAMILY
- ▶ IF YOU HAVE EVER HAD CONFLICT BEFORE AROUND GOALS AND DREAMS
- ▶ IF YOU DON'T KNOW HOW TO ASK FOR HELP / TIME TO PURSUE YOUR DREAMS
- ▶ IF YOU FEEL LIKE YOUR SPOUSE DOES NOT UNDERSTAND YOU



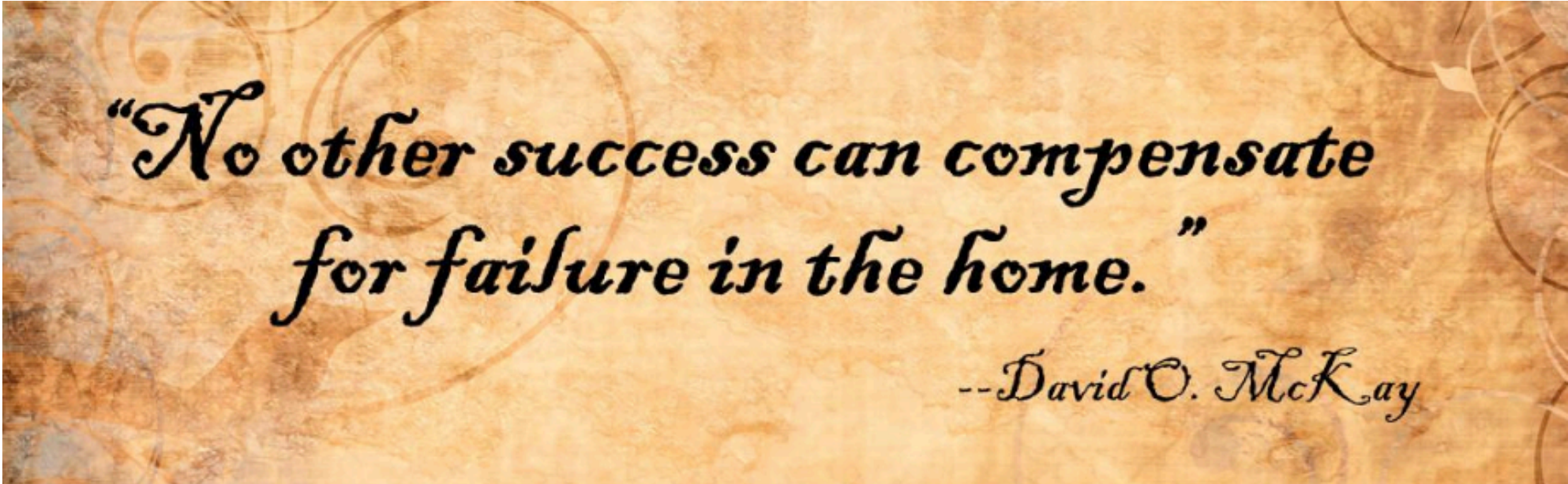
- ▶ MARRIED FOR 12 YEARS
- ▶ PARENTS TO SOON TO BE 8 KIDS
- ▶ HAVE ESSENTIAL ALWAYS WORKED
- ▶ HAVE ALWAYS WANTED TO BE A STABLE PRESENCE IN THE HOME AND HAVE CHILDCARE PRIMARILY IN THE HOME

**THE GOAL OF TONIGHT'S WEBINAR IS
TO HELP YOU AND YOUR SPOUSE GET
ON THE SAME PAGE, AND MOVE
FORWARD WITH YOUR DREAMS
TOGETHER**

A MOM WHO HAS BIG DREAMS OUTSIDE HER FAMILY

Is still the same mom
who has big dreams
for her family

@BALANCEDANDFREEMOMBOSS



*"No other success can compensate
for failure in the home."*

--David O. McKay

WHY I THINK THIS CONVERSATION IS ESSENTIAL:

- ▶ SUCH A CONFLICT IN MARRIAGE TODAY
- ▶ RESENTMENT CAN BUILD UP FAR TOO QUICK
- ▶ THE HEALTH OF A MARRIAGE IMPACTS THE HEALTH OF A FAMILY
- ▶ THIS IS NOT A SKILL THAT IS TAUGHT

STEP 1:

**PRIORITIZE AND APPRECIATE
YOUR SPOUSE**

POST MINIVAN MELTDOWN CHANGES:

- ▶ BETTER BOUNDARIES AROUND MY SCHEDULE
- ▶ BETTER BOUNDARIES AROUND MY PHONE
- ▶ PRIORITIZATION OF QUALITY TIME SPENT TOGETHER
- ▶ PRIORITIZATION OF INTIMACY

QUESTIONS TO PONDER:

- ▶ DO I KNOW WHAT MY SPOUSE NEEDS TO BE APPRECIATED?
- ▶ DO I MAKE HIM FEEL WELCOME AND SAFE WHEN HE COMES HOME?
- ▶ DO I ACTUALLY LISTEN?
- ▶ DO I RESENT HIM?

**HOW CAN I BETTER PRIORITIZE
AND APPRECIATE MY SPOUSE?**

**CHALLENGE:
UP THE INTIMACY AND SEE
WHAT HAPPENS**

STEP 2:

**UNDERSTAND HOW MY
SPOUSE IS HARD WIRED**

GET A PHD IN THE WAY YOUR SPOUSE PROCESSES THE WORLD

- ▶ THE 4 TEMPERAMENTS
- ▶ STRENGTHS FINDER
- ▶ LOVE LANGUAGES

QUESTIONS TO PONDER:

- ▶ DO I KNOW MY HUSBAND'S TEMPERAMENT?
- ▶ DO I KNOW HIS TOP 5 STRENGTHS?
- ▶ DO I KNOW MY HUSBAND'S LOVE LANGUAGE?

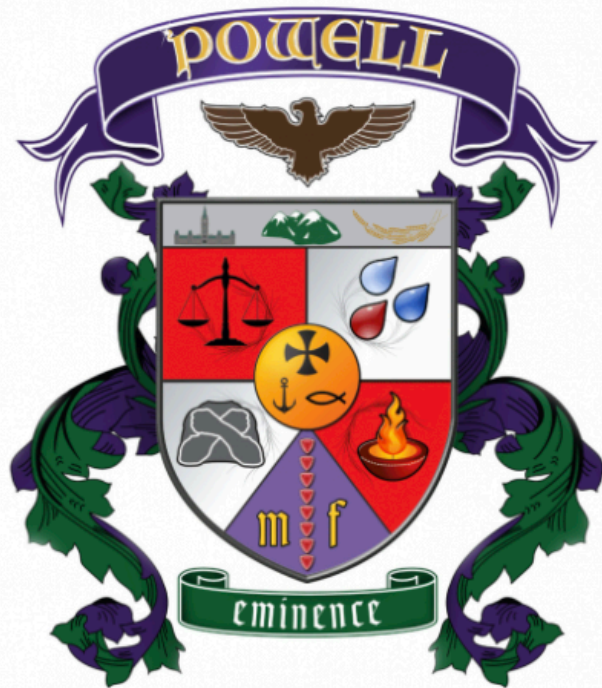
**HOW CAN I GET A “PHD” IN
HOW MY HUSBAND IS HARD
WIRED?**

CHALLENGE:
FIND OUT 1 (OR ALL 3) OF THE
TOOLS MENTIONED

STEP 3:

CAST VISION TOGETHER

CREATING YOUR FAMILY CREST



- ▶ AT THE END OF YOUR LIFE, WHAT DO YOU WANT YOUR MARRIAGE TO STAND FOR?
- ▶ HOW DO YOU WANT YOUR MARRIAGE TO BE REMEMBERED?
- ▶ WHAT ACTIONS DO YOU NEED TO DO TODAY TO MAKE THAT TRUE?

**CHALLENGE:
CREATE YOUR LEGACY
STATEMENT TOGETHER**

**CHALLENGE:
SHARE THE VISION–
GET YOUR SPOUSE TO BUY IN
TO YOUR DREAM**

STEP 4:

**CREATE STRUCTURES TO MAKE
THE DREAM POSSIBLE**

2 PARENTS FOLLOWING THEIR DREAMS HAS AN IMPACT ON THE FAMILY:

- ▶ WHO WILL WATCH KIDS WHILE BOTH ARE DREAM CHASING?
- ▶ WHO WILL DO LAUNDRY WHILE BOTH ARE DREAM CHASING?
- ▶ IS MORE CHILDCARE REQUIRED FOR THIS TO HAPPEN?
- ▶ HOW CAN MORE CHILDCARE BE MADE POSSIBLE?

CHALLENGE:

**CREATE A SCHEDULE THAT WILL
ALLOW YOU BOTH TO THRIVE**

LET'S REVIEW:

- ▶ STEP 1: PRIORITIZE AND APPRECIATE YOUR SPOUSE
- ▶ STEP 2: UNDERSTAND HOW YOUR SPOUSE IS HARD WIRED
- ▶ STEP 3: CAST VISION TOGETHER
- ▶ STEP 4: CREATE STRUCTURES TO MAKE THE DREAM POSSIBLE

WHAT TO DO

**WHEN YOUR SPOUSE DOES
NOT UNDERSTAND**

-
- ▶ GIVE HIM FREEDOM
 - ▶ GIVE HIM TIME
 - ▶ REMEMBER WE CAN ONLY CHANGE OURSELVES
 - ▶ RESIST THE URGE TO COMPARE TO OTHERS