

## 15 Must Have Midlife and Beyond Marriage Secrets

- 1) When the kids are gone help each other with the household chores, inside and outside, especially when still working.
- 2) Remember to say please and thank you.
- 3) Everyone needs some alone time, so respect that time. Share with your spouse what you are doing or reading.
- 4) Pray for patience with each other because your tone of voice is especially important. Try not to push those buttons that will start an argument.
- 5) Find reasons to laugh by teasing each other a little and try to keep a smile on your face.
- 6) Say I Love You often, if not every day. A good time is first thing in the morning or after nighttime prayers.
- 7) Give a little kiss goodbye when leaving the house and going out on your own.
- 8) Retirement changes things because you have more time together be patient with each other. Create a balance. Have your own hobbies and those you do together.
- 9) Health issues often enter the picture. Stay positive and let the other person know you are there for them to help in any/all ways that you are needed.
- 10) Listen to some of your favorite music and dance, hugging each other while dancing
- 11) Find some common cause and volunteer together. St. Vincent DePaul's food pantry is a great one
- 12) Talk about what you envision your retirement being. Travel, local or aboard, taking classes, volunteering more, spending more time with extended family.
- 13) Make time for friends you have things in common with whether it be to go out for dinner, play cards, travel, etc.
- 14) You are never too old to learn new tricks and tips. Attend Marriage Seminars and Retreats. Take a program or get coaching, it is a Marriage game changer.
- 15) Now even though this is last on our list, it is one of the most important ways to grow as a couple. Pray together every day. My husband and I started to pray daily and this is definitely a huge blessing to both of us and our Marriage.