

TAG Team PODCAST.

<p>Podcast Title:</p> <p>Schedules</p>	<p>Date:</p>
<p>Key Takeaway:</p> <p>It's important for couples to find intentional time, put it on the calendar, and connect with their spouse!</p>	
<p>What are some ways that you and your spouse can ensure you schedule time to be with one another? What's the frequency (daily/weekly/monthly)?</p>	<p>How are you at eliminating distractions?</p>
<p>Where is an area in your life that you need to give up time to spend more time with your spouse? Is it time with friends, TV, social media, video games?</p>	
<p>What do you value? Does your time reflect those answers? (Refer to the priority podcast.)</p>	<p>What do you envision as the perfect time to spend with your spouse? Think about it, share it with your spouse, listen to your spouse's answers. Decide together what activities you can do and be willing to compromise for the other person.</p>