

# Intimacy Lifestyle

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It's a way to BUILD connection between husband and wife  
and MINIMIZE rejection.

It an opportunity to learn about yourself and how you initiate.

It opens the door for romance, creativity and spontaneity.

This planner is going to help the two of you to determine exactly  
what the Intimacy Lifestyle looks like for your marriage.

No two marriages have exactly the same plan.  
It's your marriage. It's your lifestyle!



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# Intimacy Lifestyle Planner

- 1. How often do I want to have sex? \_\_\_\_\_ monthly or weekly (Circle one)
- 2. How often does my love want to have sex? \_\_\_\_\_ monthly or weekly (Circle one)
- 3. What is the number that we are both committed to for this quarter? \_\_\_\_\_

*\*\*\*Remember that life places different demands on you throughout the year. The Intimacy Lifestyle is flexible with discussion. We recommend starting with 90 days and then discussing your successes/challenges at that time.*

- 4. How do we agree to divide the responsibility for initiating each week or each month?

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- 5. How will the wife know that the husband is initiating? \_\_\_\_\_

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- 6. How will the husband know that the wife is initiating? \_\_\_\_\_

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- 7. Are there any "no go" times? (For example: illness, travel, time of the month) \_\_\_\_\_

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- 8. If we decide on a bonus day (an unscheduled day during the week) what are the agreements around that day in regard to initiating and/or being able to say no?

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I agree to be a fully committed participant with you, my love.

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Husband

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Wife

