

Exercise 5.5
Talk Charge Prep II

I think you'll agree that having frequent 60-second *personal* conversations with your spouse will slowly but surely strengthen your marriage. However, knowing it will work and making it happen are completely different. We also know that 30-minutes of exercise every day will improve our health. But how many people exercise for 30-minutes every day?

The key to turning a good idea into an effective habit is *execution*. How do you make sure that this simple idea, Talk Charges, becomes an integral part of your day? Only you can answer that question.

What's your system for remembering something that's important but that you're vulnerable to forgetting? Are you a "list person?" Your Smartphone? Do you have a secretary who can remind you? Is there a strategic place you put sticky notes to remind you of important tasks?

Take the time *now* to think about and *implement* your personal reminder system so that Talk Charges are not just a good idea from Mort Fertel, but become an effective habit for *you*.

Follow the directions below until you finalize your reminder strategy.

STEP 1: List in the space provided below all the possibilities that *might* help you remember to phone your spouse regularly.

Spouse 1

Spouse 2

STEP 2: Review the possibilities above, select the best strategy for you, and record your decision here.

Spouse 1

Spouse 2

STEP 3: Implement your reminder system and make these Talk Charges happen!

Exercise 5.6
Touch Charge Prep

Below is a list of Touch Charge ideas. Once again, if you get a few ideas from this list that can work for you, the list will have served its purpose.

STEP 1: Comb through the list below and circle the Touch Charge ideas that might work for you.

Spouse 2: There is a duplicate list behind this one.

- Share dessert with one fork
- Surprise visit your spouse at their office or home and give them a kiss... and then leave.
- Play footsie next time you sit together
- Kiss your spouse upon waking
- Kiss your spouse before sleeping
- Caress your spouse's hand
- Touch your spouse's cheek or hand while driving
- Rub shoulders next time you sit next to each other
- Sit on your spouse's lap or sit them on yours
- Give your spouse a neck or shoulder massage
- What about dancing before dinner? No one's looking...
- Play with your spouse's hair while talking in bed
- Fall asleep holding hands
- Have a tickle "fight"
- Play Twister and let yourself laugh out loud
- Find a reason to touch your spouse when you are in the same room
- Hold hands under the table
- Brush your mate's hair out of his/her eyes
- Straighten his tie, being sure to touch him with love

- Button or zip her dress, being sure to touch her with love
- Knead the same dough together
- Kiss in the elevator when no one is looking
- Make your spouse's lunch for the day and deliver it with a kiss
- Turn off your spouse's alarm clock then wake them with a massage
- Kiss the back of your spouse's neck while he/she is reading
- An extra hug for no reason never hurt anyone
- "Spoon" your mate while sleeping

STEP 2: In the space provided below, write in your own Touch Charge ideas.

Spouse 2

STEP 1: Comb through the list below and circle the Touch Charge ideas that might work for you.

- Share dessert with one fork
- Surprise visit your spouse at their office or home and give them a kiss... and then leave.
- Play footsie next time you sit together
- Kiss your spouse upon waking
- Kiss your spouse before sleeping
- Caress your spouse's hand
- Touch your spouse's cheek or hand while driving
- Rub shoulders next time you sit next to each other
- Sit on your spouse's lap or sit them on yours
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- What about dancing before dinner? No one's looking...
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- An extra hug for no reason never hurt anyone
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The Importance of Beginnings

Beginnings are important.

If a plane that takes-off from New York headed for Tokyo is off course by one degree, it will end up thousands of miles away from its destination.

Beginnings set the path for the rest of the journey. If you're off course even slightly *in the beginning*, you'll miss your target by a long-shot

If you hack off a branch from a tree, the tree suffers only slightly. But if you nick the seed of a tree, the tree will grow horribly disfigured.

What's the seed of your day with your spouse? It's those first few moments upon waking. And if you can begin every day with your spouse *connected*, you'll set a healthy path for the day.

Here's what I suggest: Try a Talk Charge and a Touch Charge the moment you wake up. As soon as you open your eyes, roll over, snuggle your spouse, and whisper "good morning" or some other sweet nothing.

I found (in my marriage and with spouses I've coached) that an early morning Talk Charge and Touch Charge is a powerful one-two combination that sets the tone for your relationship for the rest of the day.

If you and your spouse are not sleeping in the same bed, or if you're separated, try phoning first thing in the morning.

BONUS IDEA

Touch Charge/Talk Charge 1-2 Morning Combination