



Marriage Retreat Worksheet

*The*lces

www.theices.net

A Note from Jamey & Melissa

Melissa and I have done a version of this workbook every year for the past several years. We usually try to do it in the first couple months of a new year, but there's no perfect time. The point isn't the timing. It's the intentionality.

We normally do an overnight stay, grab a babysitter, and spread it out over two days. But you could also do it in a single day. And if it feels like too much, skip the sections that don't apply to your season. There's a lot in here. Make it yours.

Here's what we've found though...

Taking time to look back, reflect, and get on the same page about where you're going — even just once a year — is one of the best things you can do for your marriage.

It's a chance to listen. A chance to connect. A chance to relive some of the highs and debrief on some of the lows without judgment or agenda.

Every time we do this, we walk away feeling more known. More understood. More connected. There's something that happens when you create space to just be honest with each other about where you really are.

The reflection is important. So is evaluating what worked and what didn't. But the dreaming? That part should actually be fun. Give yourselves permission to go there together.

And then get practical.

One of the biggest things that comes out of this for us every year is mapping out our calendar. Trips, date nights, one-on-one time with the kids... those things are never easy to schedule and never convenient. But if they don't make it on the calendar, they just don't happen.

We've also found that committing to a rhythm — a logistical check-in once or twice a month and a regular date night — makes a real difference. Because when those things slip, and they will, you drift. And drifting is slow and quiet and easy to miss until you're further apart than you realized.

So grab a babysitter if that's relevant. Get a night away if you can. Pour some coffee or open some wine. Approach each other with curiosity and kindness.

We hope this blesses your marriage the way it has ours.

— Jamey & Melissa

P.S. If you'd prefer to use this digitally, we've also included a Google Doc version [HERE](#).

Just click **File** → **Make a copy** to save it to your own Google Drive and use the fully editable version.



Preparation & Posture

Instructions

Begin in Prayer: Center yourselves. Ask for wisdom, openness, gratitude, and clarity.

Individual Reflection: Take some time (30-60 minutes) apart to fill in Sections 2 and 3 on your own.

Come Together: Once completed, share your thoughts, discuss openly, and fill in the joint sections.

Looking Back: Personal Reflection & Review

(Individual → Shared)

This section is about understanding what shaped each of you this past year—through the experiences, challenges, and moments that mattered most.

Instructions

Individually reflect on the past year and complete the prompts.

When finished, come together and share—not to fix or respond, but to better understand one another.

Your goal is clarity and compassion, not solutions.

Spouse 1 - Highlights & Gratitude

Spouse 2 - Highlights & Gratitude

Looking back over the past year, what moments, experiences, or seasons stand out as meaningful or life-giving?

Mind / Body / Spirit

Mind / Body / Spirit

Family / Friends / Home

Family / Friends / Home

Work / Calling

Work / Calling

Spouse 1 - Challenges, Losses & Lessons

Spouse 2 - Challenges, Losses & Lessons

Where was this year heavy, frustrating, or stretching—and what did it reveal?

Personal (Mind / Body / Spirit)

Personal (Mind / Body / Spirit)

Family & Home

Family & Home

Work / Calling

Work / Calling

Looking Back Honestly (Answer briefly):

Spouse 1

What took the most energy from me this year?

What gave me life?

Where did I feel most aligned?

Where did I feel off, tired, or discouraged?

What am I still carrying from this year?

Spouse 2

What took the most energy from me this year?

What gave me life?

Where did I feel most aligned?

Where did I feel off, tired, or discouraged?

What am I still carrying from this year?

Sharing & Listening:

Share your reflections with one another.

As you listen:

- Don't interrupt
- Don't correct
- Get Curious

Instead, ask:

"Is there anything else I should understand about your year?"



Our Marriage: Patterns, Strengths & Growth Edges

(Shared)

This section is about stepping back and reflecting on your marriage together—not by replaying events, but by naming the patterns, dynamics, and season you are currently in.

The Season of Our Marriage

Looking at the past year as a whole:

In a few words, how would we describe the season our marriage has been in?

(Examples: growth, stretching, survival, rebuilding, transition, deep connection)

Connection & Distance

When did we feel most connected this year?

What was present during those times?

When did we feel least connected?

What was missing or pulling at us?

Patterns & Tensions

What patterns or rhythms kept showing up in our marriage?

(Communication, time, stress, intimacy, expectations, roles)

When conflict arose, what did it tend to reveal?

(Needs, fears, pressures, misalignment, fatigue)

Strengths to Protect

What are we doing well as a couple that we want to protect and build on?

Growth Edges

Where does our marriage feel stretched or unfinished right now?

Is there anything unsaid that needs to be acknowledged with honesty and kindness?

Gratitude (Brief)

Each spouse names *2–3 specific things* they appreciated about the other this year:

Spouse 1

- 1.) _____

- 2.) _____

- 3.) _____

Spouse 2

- 1.) _____

- 2.) _____

- 3.) _____

(Pause before moving on.)



Vision Casting: Decade Dream, 5-Year, 3-Year

Before planning the next year, zoom out to the bigger picture.

This section isn't about agreeing on every detail, but about understanding where your hopes align and invite conversation.

Decade Dream

The Decade Dream is your guiding star—a single, specific goal that defines success for the next ten years. It's not a to-do list, but the one thing that, if achieved, would make you feel fulfilled and confident that you're on the right path.

Why only one? Simplicity sharpens focus. By committing to a single Decade Dream, you align your energy, decisions, and actions toward something deeply meaningful. **To make it impactful, your dream should be clear, tangible, and include a measurable element.**

This is your benchmark for success and a declaration of what matters most to you.

Examples of Decade Dreams

1. *"To own and manage 10 luxury vacation rental properties that provide financial freedom and creative fulfillment."*
2. *"To create a nationwide home renovation company that revitalizes 1,000 homes and neighborhoods while building a legacy for my family."*
3. *"To host 500 game nights, fostering connection and community with friends and family."*
4. *"To donate \$1 million to causes I'm passionate about, making a lasting impact in my community."*
5. *"To hike 4,400 miles on iconic trails across the world."*
6. *"To visit all 7 continents, immersing myself in diverse cultures and experiences."*
7. *"To grow my business to \$2 million in annual revenue while maintaining a balanced life."*
8. *"To complete 50 5Ks as part of a journey toward health and endurance."*
9. *"To take 120 weeks off work, dedicating time to family, exploration, and personal growth."*
10. *"To establish a family trust that funds education and meaningful experiences for the next generation."*

Decade Dream

A concise declaration that encapsulates one's most significant goal for the upcoming decade. By distilling ambitions into a single, clear objective, individuals can direct their energy and resources more effectively, ensuring alignment with their core values and long-term vision.

If we could distill success for us into one statement 10 years from now, it would be:

"Success for us in 10 years looks like"

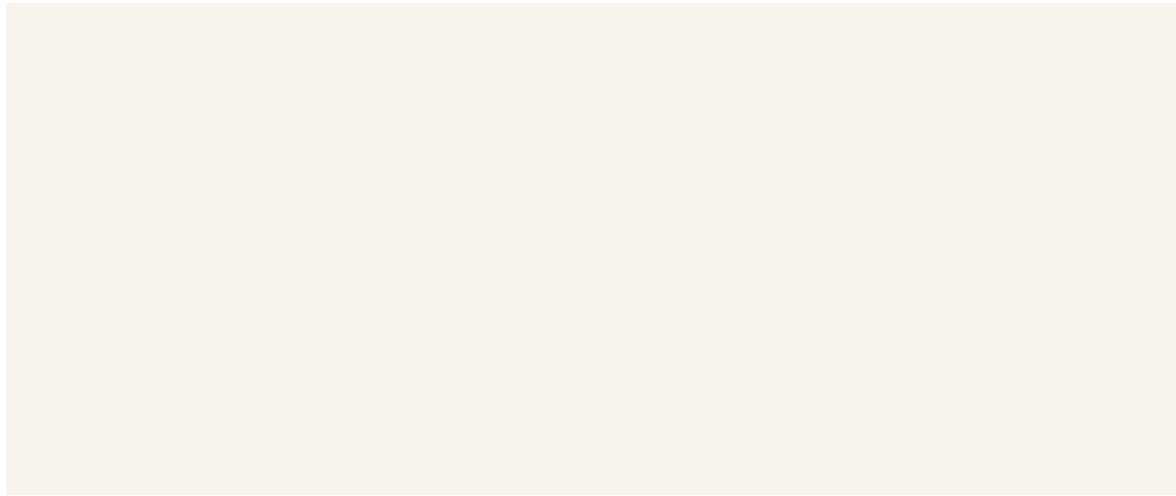
SPOUSE A:

SPOUSE B:

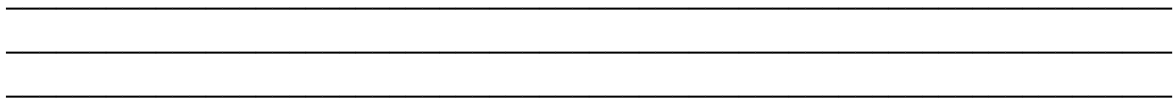
AS A COUPLE:

5-Year Vision

What do we hope life looks like in 5 years?

A large, empty rectangular box with a light beige background, intended for writing a 5-year vision.

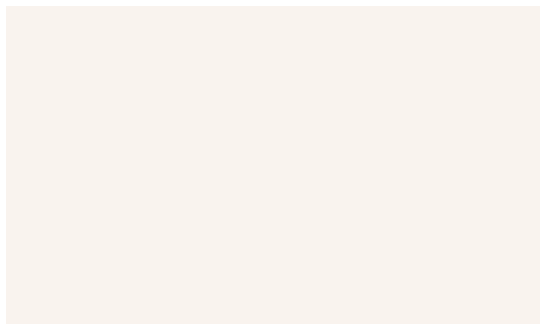
Core dreams or family lifestyle:

Three horizontal lines for writing core dreams or family lifestyle.

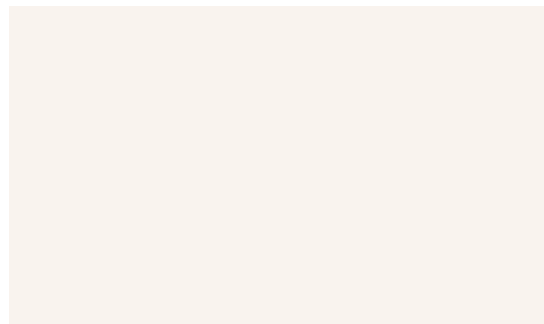
3-Year Vision

Where do we want to be in 3 years?

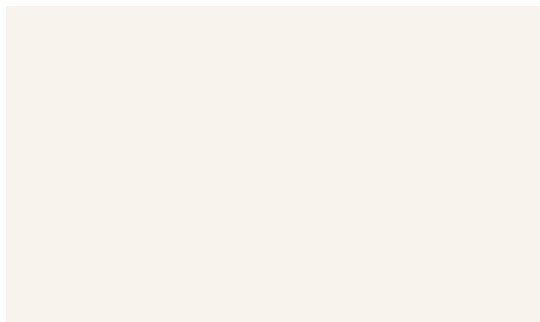
PERSONALLY

A rectangular box with a light beige background for personal 3-year vision.

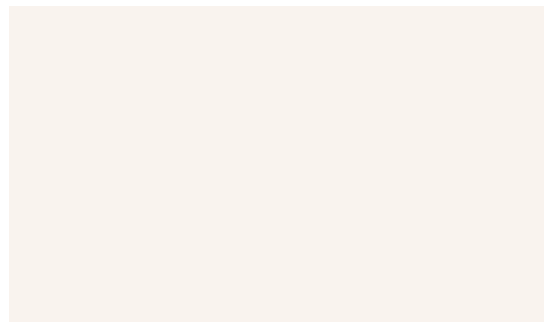
RELATIONALLY

A rectangular box with a light beige background for relational 3-year vision.

FINANCIALLY

A rectangular box with a light beige background for financial 3-year vision.

SPIRITUALLY

A rectangular box with a light beige background for spiritual 3-year vision.



Looking Forward: Setting Goals for the Upcoming Year

Use this section to turn your insights into tangible goals and habits.

You don't need to set goals in every category—focus on what feels most important for this season.

Money & Finances

Key financial goals (e.g., saving, giving, investing):

Major purchases or expenses on the horizon:

Ways to be generous or support causes we care about:

Kids & Parenting

Areas where our kids need special focus:

Family routines or traditions to add or continue:

Specific milestones to help them reach (spiritual, academic, social):

Friendships & Community

Friendships we want to invest in or rekindle:

Groups or community activities that would enrich our lives:

Boundaries or changes needed to maintain healthy relationships:

Personal Habits & Rhythms

(For each spouse individually)

Spouse 1

Physical health goals:

Spiritual practices (prayer, reading, etc.):

Mental/emotional health (counseling, journaling, rest):

Spouse 2

Physical health goals:

Spiritual practices (prayer, reading, etc.):

Mental/emotional health (counseling, journaling, rest):

Work / Career

(For each spouse individually)

Spouse 1

Professional growth goals or dreams for this year:

Major projects, deadlines, or milestones:

Skills or trainings to pursue:

Spouse 2

Professional growth goals or dreams for this year:

Major projects, deadlines, or milestones:

Skills or trainings to pursue:

Our Relationship

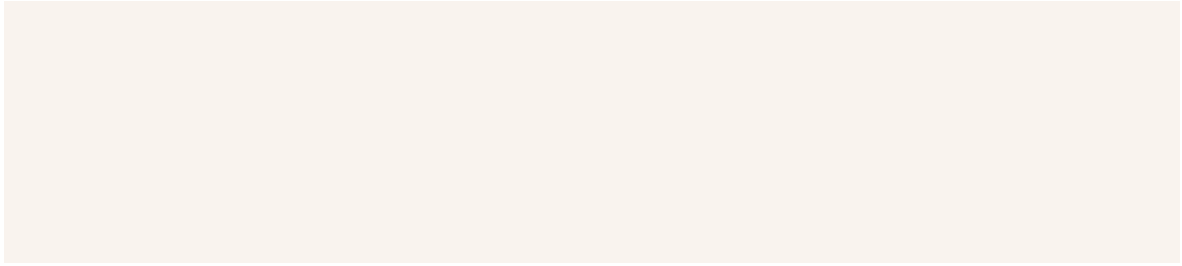
What can we do differently to make next year even better?

Is there anything I can do for you to help you feel more comfortable or loved?

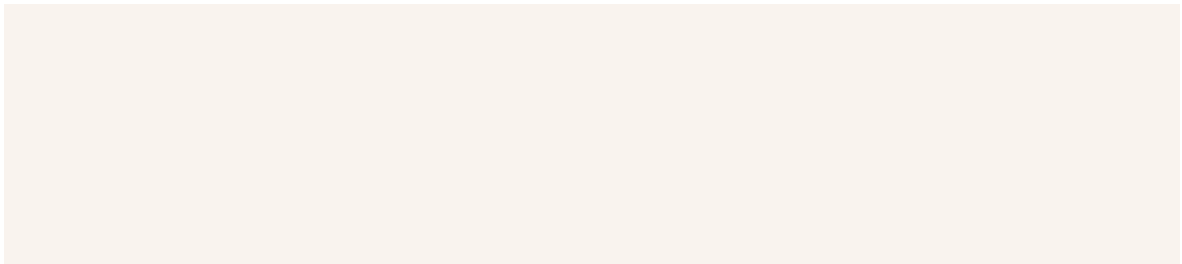
What adventures, trips, or meaningful experiences do we want to create this year?

Rhythms We Want To Commit To

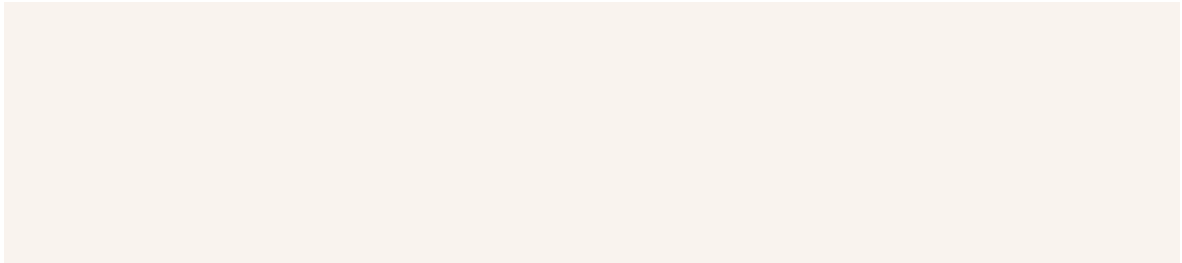
Date Nights:

A large, empty rectangular box with a light beige background, intended for writing about date nights.

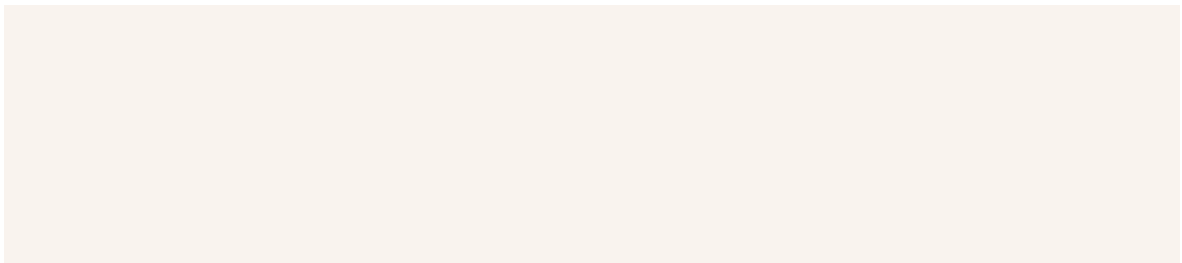
Regular check-in or “marriage meeting”:

A large, empty rectangular box with a light beige background, intended for writing about regular check-ins or marriage meetings.

Shared spiritual practice or devotion time:

A large, empty rectangular box with a light beige background, intended for writing about shared spiritual practice or devotion time.

Intimacy:

A large, empty rectangular box with a light beige background, intended for writing about intimacy.



Calendar Mapping: Scheduling the Year

Turn intentions into commitments by placing them on your calendar now.

Annual Overview

This is where intentions become commitments. Open your calendar now and put real dates in place. Block them off. Protect them. Decide how often they'll happen and treat them as non-negotiable. If it's not scheduled, it won't happen. Plan your year on purpose instead of reacting to it.

DATE NIGHTS (WEEKLY, BI-WEEKLY, OR MONTHLY):

MARRIAGE MEETINGS (BI-WEEKLY OR MONTHLY LOGISTICS MEETINGS):

CHILDREN ONE-ON-ONE "DATES":

FAMILY TRIPS / VACATIONS:

FRIENDS TRIPS / COUPLES GETAWAYS:

MAJOR EVENTS / OBLIGATIONS:

Quarterly Focus/Theme (Optional)

Q1:

Q2:

Q3:

Q4:

Shared Digital/Physical Calendar

How will we track events? (Google Calendar, wall calendar, etc.):



Final Synthesis & Accountability

Let's make sure your key takeaways don't get lost. This is where you synthesize everything into a workable plan.

Shared Primary Focus Areas for the Year

Top Individual Priorities & Goals for [Spouse A]

Top Individual Priorities & Goals for [Spouse B]

Themes & Takeaways

If we had to summarize this year in a word or short phrase, it would be:

One or two key takeaways we want to remember:

Immediate Next Steps:

What are 2–3 concrete actions we'll take in the next 30 days?

Accountability & Check-Ins

Schedule Your Next "Mini-Retreat" or Check-In (*even 30–60 minutes counts*):

Date: _____

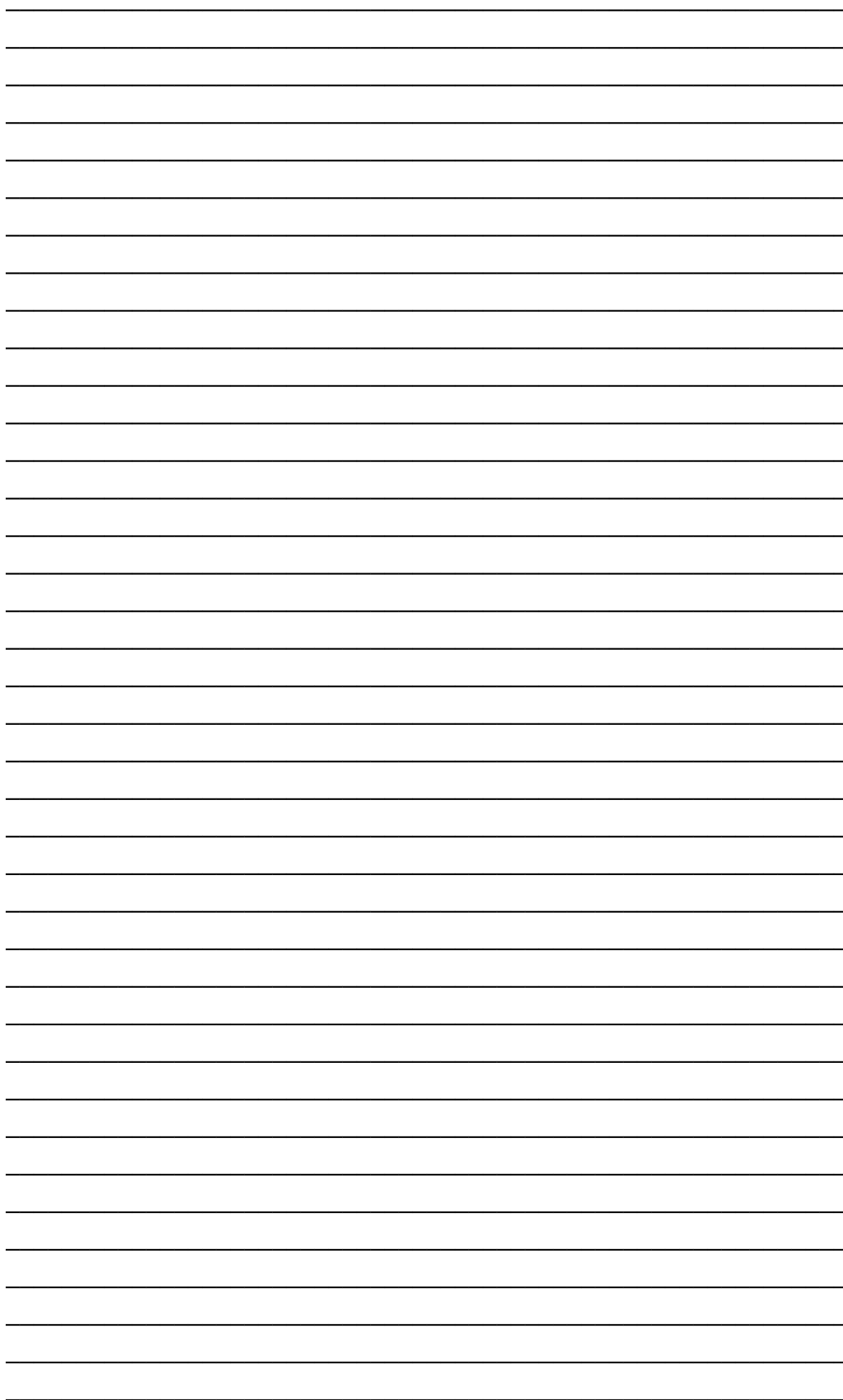
Time/Location: _____

How will we celebrate progress or wins this year?

Optional: Write a short letter to your future selves, capturing the spirit of this retreat. Seal it away until your next check-in or next annual retreat.

Notes

[illegible]



The Ices

Marriage Retreat Worksheet