

**Legendary Love. Module 5. Lesson 31.
My Marriage is my Fountain of Youth.
Additional Resources.**

My marriage is my fountain of youth.

When responsibilities get the best of me, my spouse helps me relax and have a good laugh. We giggle like teenagers and embarrass our kids with our public displays of affection. **We remain young and in love, regardless of the age printed on our drivers' licenses.**

We are like newlyweds. I send sexy and loving text messages throughout the day to keep the flame burning bright. When the door flings open and I hear, "*Honey, I'm home,*" my heart fills with warmth and excitement.

Our children are our pride and joy. And, just as we spend time nourishing and building up our children's self-esteem, we cater to one another. I understand that **both mommy and daddy need to feel fulfilled in order to be the best parents we can be.**

I nourish my marriage, not because it is the right thing to do, but **because making my spouse feel loved and secure brings joy to my heart.** I am well aware that marriage is a two-way street and that I have to give as much as I expect to receive.

We practically have the babysitter on speed dial! Nights out on the town and intimate dinners are a constant in our lives. However, I also treat myself to outings with my friends as well as "me time." I understand that absence makes the heart grow fonder.

Our emotional bond is a tonic that can cure even the deepest bouts of sadness. Even through financial struggles and career troubles, we remain one. Life is a journey full of tugs and unexpected roadblocks. But **we conquer all hurdles set in our path.**

Today, I intend to honor our wedding vows. I will strive to make my spouse feel loved, important, and as youthful as the day we said, "*I do.*"

Self-Reflection Questions:

1. What three things can I do to make my spouse feel loved today?
2. How can I keep the flame alive even after years of wedded bliss?
3. How has my partner changed in positive ways over the years?