



The Name We've Given our Merge: _____

Fill out your Merge Map below.

 30 Day Check In Date: _____

 60 Day Check In Date: _____

 90 Day Check In Date: _____

Our Mergenado

Name and describe your Mergenado from start to finish.

Stopping the Storm

What is our warning signal? How do we stop the Mergenado?

Shrinking the Mountains

List 10 ways you can build attachment:

Adding Joy

List 10 ways you can add joy:

I Value Your Strengths

List 5 strengths you see in your spouse:

When We Get Suck

What are 3 things we can agree to do if we get stuck, individually and as a couple?

Knots and Repair

Are there any knots we need to unite or key areas where we need to repair?

Our Merge Mates

Who will help keep us accountable?

We're Committed to Doing Something Great: