

THE MARRIAGE WORKOUT

Marriage Is a Journey — Train for It.

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themarriageworkout.com | info@themarriageworkout.com | 346-296-6292

YOUR REAL

Marriage Statement

A Complete Guide to Writing the Declaration That Anchors Your
Love

"Trust Is the Foundation We Build On."

*"We commit to loving each other with patience and honesty,
choosing respect even in conflict, and building a home where
our family feels safe, supported, and united.
We grow together, not apart, and we never stop choosing each other."*

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CHAPTER 1

What Is a Marriage Statement?

A marriage statement, sometimes called a **marriage mission statement** or **relationship vision statement**, is a short, intentional declaration of what your marriage stands for. It names what matters most to both of you, how you want to treat each other, and the kind of partnership you are committed to building together.

At **The Marriage Workout**, we've worked with hundreds of couples across 1-on-1 coaching, group sessions, retreats, and conferences. One truth shows up every time: couples who have a shared vision for their marriage navigate hard seasons better than those who don't.

Think of it as your relationship's **North Star**. When life gets messy, and it will, your statement reminds you of the foundation you chose together when things were clear.

A Marriage Statement IS:

- ◆ A living compass for your partnership
- ◆ A commitment that belongs to both of you
- ◆ A tool you return to in hard seasons
- ◆ An anchor against drifting apart

A Marriage Statement is NOT:

- ◆ A vow renewal or legal contract
- ◆ A performance for others to see
- ◆ A one-time exercise you write and forget
- ◆ A list of complaints disguised as goals

"A relationship without trust is like a house built on shaky ground — it might stand for a while, but eventually, the cracks start to show."

— themarriageworkout.com

CHAPTER 2

Why Your Marriage Needs One

Most couples enter marriage with good intentions but no shared blueprint. They love each other deeply, yet without a defined direction, even strong relationships can drift into autopilot, resentment, or quiet disconnection.

A marriage statement gives your relationship **intentionality**. It transforms love from a feeling into a daily practice.

◆ It Creates Unity

When both partners share a common vision, disagreements become easier to navigate. You're not opponents. You're teammates with the same goal.

◆ It Grounds You in Hard Times

Arguments, loss, stress, and change are inevitable. Your statement gives you something to come back to when emotions are high and perspective feels low.

◆ It Keeps You Growing Together

Without intention, couples grow in separate directions. Your statement is a living reminder that growth is something you do side by side.

◆ It Honors Both of You

When written together, a marriage statement reflects both partners equally, not one person's vision imposed on the other. It says: we built this, together.

READY TO DO THE WORK TOGETHER?

Join a Group Coaching Session or Book a 1-on-1 at themarriageworkout.com

CHAPTER 3

What a Real Statement Includes

A powerful marriage statement is not a laundry list of wishes. It is 2–4 sentences that are honest, specific to **your** relationship, and grounded in what you are actually committed to doing and not just feeling.

1. Your Shared Values

What principles form the foundation of your love? Faith, respect, loyalty, growth, patience, honesty? Identify the 2–3 values you both hold highest and name them explicitly. Vague values produce vague marriages.

2. How You Agree to Treat Each Other

This is often the most powerful part. It's the 'how', the daily behavior your statement calls you toward. How do you speak? How do you listen? How do you show up when it's inconvenient?

3. What You're Building Together

Are you building a family? A legacy? A home of peace? A partnership of equals? Name what you're creating, it gives your statement a future focus and reminds you that you're teammates on a shared mission.

4. How You'll Handle Challenges

A realistic statement acknowledges that hard times will come. How will you face them, with grace, communication, forgiveness, faith? Including this makes your statement battle-tested, not just beautiful.

"We commit to loving each other with patience and honesty, choosing respect even in conflict, and building a home where our family feels safe, supported, and united. We grow together, not apart, and we never stop choosing each other."

Values (patience, honesty, respect) + behavior in conflict + what you're building + a forward commitment. Short. Honest. Doable.

CHAPTER 4

The Honest Truth: Words Without Action

■ Let's Be Real for a Second

A statement that sounds good but isn't lived out won't mean much. Pretty words on paper don't fix broken patterns. A real marriage statement works **ONLY** when both partners are willing to align their actions with it, especially when it's **inconvenient**.

The Marriage Workout was built for this very reality. Our coaching, whether 1-on-1, group sessions, retreats, or conferences, exists because knowing the right thing and doing the right thing are two very different challenges. Your statement gives you the vision. The work gives you the skill.

What living out your statement actually looks like:

- ◆ Pausing before you respond in anger because your statement says 'respect even in conflict'
- ◆ Choosing your spouse's wellbeing over being right
- ◆ Coming back to the statement when you feel disconnected or resentful
- ◆ Revisiting and re-committing when seasons and circumstances change
- ◆ Holding each other accountable, with grace, not shame
- ◆ Seeking coaching or community support when you can't do it alone

***"A marriage statement is a mirror.
It shows you who you said you wanted to be, and
asks: Are you being that person today?"***

CHAPTER 5

How to Write Yours — Step by Step

Writing your marriage statement is an act of love in itself. Set aside 30–60 minutes together with no phones, no distractions, no agenda except each other. Follow these steps:

1 Sit down together, distraction-free

Choose a calm environment—not in the middle of a conflict or a rushed morning. Make it intentional. Light a candle. Make your favorite drinks. Make it a moment.

2 Each of you writes independently first

On separate paper, each partner answers: What do I value most in our relationship? How do I want us to treat each other? What are we building? How should we face hard times? Write freely — no editing yet.

3 Share and listen without interruption

Read your answers to each other. The goal here is understanding, not debate. Look for common threads — you'll likely find more than you expect.

4 Combine your ideas into 2–4 sentences

Together, draft a statement that reflects both of your voices. Keep it simple, honest, and grounded in what you'll actually do — not just feel.

5 Read it aloud together

Hearing it out loud is powerful. Does it sound like you? Does it feel true? Adjust until it feels right for both of you — not just one.

6 Write it out and place it somewhere meaningful

Frame it. Save it in your phone. Put it in your journal. Make it visible — not as decor, but as a daily reminder.

7 Revisit it regularly

At minimum, once a year — on your anniversary, New Year's, or any major transition. Life changes. Your statement can grow with you.

CHAPTER 6

Writing for Your Unique Situation

No two marriages are the same. At The Marriage Workout, we serve couples in every season: newlyweds, those rebuilding after broken trust, blended families, empty nesters, and everything in between. Here is guidance for writing your statement based on where you are right now:

◆ Newly Married

Focus on vision and values. Ask: What kind of home do we want to create? What does love look like in action for us? Your statement might center on building, discovering, and committing.

◆ After Betrayal or Broken Trust

This requires courage. Your statement here is less about vision and more about repair and re-commitment. Include language about honesty, rebuilding slowly, and protecting each other's healing. Visit themarriageworkout.com/no-trust-marriage-coaching for our Trust Toolkit.

◆ Raising Young Children

Your season is demanding. Your statement might include language about protecting your partnership amid parenting, choosing patience, and building a home where your children see love modeled well.

◆ Blended Families

Your statement might address unity, patience with complexity, and the commitment to building something that honors every person in your home, including children from previous relationships.

◆ Long-Distance or Separated

Focus on intentionality, communication, and choosing each other across the distance, emotionally or physically. Name what holds you together.

◆ Empty Nesters / New Season

This is a re-discovery season. Who are you to each other now. Not just as parents, but as partners and individuals? Let your statement reflect that.

◆ Navigating Grief or Loss

Your statement may focus on presence, gentleness, and not grieving alone. Acknowledge the weight of the season and commit to carrying it together.

CHAPTER 7

Sample Statements for Every Season

Use these as inspiration & not as copy-paste templates. Let them spark your own words, in your own voices. The best statement sounds like you both.

For a New Marriage

"We choose each other every day, with honesty, patience, and a love that grows as we do. We build a home rooted in respect and filled with grace, and we face every challenge as a team. We are each other's greatest adventure."

For a Marriage Rebuilding After Broken Trust

"We choose to rebuild, slowly, honestly, and together. We commit to truth over comfort, to healing over hiding, and to a future that is stronger than our past. We are not who we were. We are becoming who we chose to be."

For a Faith-Centered Marriage

"We build this marriage on the foundation of our faith, choosing love as a daily action and not just a feeling. We commit to honoring God, each other, and the family we are raising, with grace in our failures and gratitude in our blessings."

For Parents in a Demanding Season

"We commit to protecting our partnership even in the chaos of parenthood. We choose each other, not just as co-parents, but as partners, friends, and lovers. We model for our children what it looks like to love well."

For Empty Nesters Rediscovering Each Other

"We are more than the roles we have carried. We recommit to each other as individuals who chose, and still choose, to build this life together. We will keep discovering who we are, and who we are becoming, side by side."

For a Long-Distance Marriage

"Distance does not diminish our commitment. We choose intentionality over convenience, and presence over perfection. What holds us together is not proximity, it is purpose, trust, and the decision to keep showing up for each other."

CHAPTER 8

Keeping It Alive — Revisiting Together

A marriage statement is not a one-and-done document. Life changes. Seasons shift. Loss arrives. Growth happens. Your statement should be revisited regularly so it remains true, living, and relevant.

◆ Once a Year on Your Anniversary

Read it together. Does it still feel like you? What has grown? What needs to be updated? This can become one of the most meaningful rituals in your marriage.

◆ After a Major Life Transition

A new baby, a loss, a move, a career change. Any major shift can shift your priorities. Revisit your statement and see if it needs to grow with you.

◆ During or After a Conflict

When things get hard, come back to your statement. Not as a weapon, but as a compass. 'We said we wanted this. How do we get back there together?'

◆ During a Relationship Check-In

Schedule regular intentional time to talk about your marriage, not just logistics. Monthly, quarterly, or seasonally. Read your statement. Ask: Are we living this?

***"Your statement is a living document.
Let it breathe, let it grow, and let it keep calling you
back to the love you chose."***

NEED SUPPORT? THE MARRIAGE WORKOUT IS HERE.

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CHAPTER 9

Your Personal Writing Workbook

Use these prompts to draft your own marriage statement. Work through them individually first, then come together to create your shared declaration. Take your time, *this matters*.

MY CORE VALUES IN THIS MARRIAGE ARE...

HOW I WANT TO TREAT MY PARTNER EVERY DAY:

WHAT WE ARE BUILDING TOGETHER:

HOW WE WILL FACE HARD TIMES:

MY PARTNER'S VALUES (AS I UNDERSTAND THEM):

OUR SHARED VISION — FIRST DRAFT (Combine both lists):

OUR MARRIAGE STATEMENT — FINAL VERSION:

Additional notes

Date Written: _____ Next Review Date: _____

Partner 1 Signature: _____ Partner 2 Signature: _____

One Last Word From The Marriage Workout

Writing your marriage statement is an act of courage. It says: ***I see this relationship clearly, and I am choosing it intentionally.***

It's not about being a perfect couple. It's about being a committed couple. Two imperfect people who decided that love is worth the daily effort of showing up.

At The Marriage Workout, we believe every couple who is willing to do the work has the ability to build the marriage they desire. You don't need perfect answers right now. You just need to take the first step.

***Your statement doesn't have to be poetic.
It has to be true. It has to be yours.
And it has to be lived together.***



Now go write it. Together.

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