



THE 5 MINUTE Marriage Reset

A quick powerful way
to reconnect even on
busy days.

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Welcome!

Marriage grows through small intentional moments not grand gestures or perfect timing. And yes life gets busy. There's always something pulling for your attention work kids errands responsibilities. But none of it will fall apart if you pause for five minutes.

Five minutes won't change your whole day but it will change the tone of your connection. Everything else can wait this is what your marriage needs right now. A breath. A reset. A moment to remember you're on the same team.

Use this guide anytime you feel disconnected overwhelmed or simply want to strengthen your bond. It's quick, simple and powerful.

★ BONUS ★ DAILY CHALLENGE

Pick one:

-  Send your spouse one encouraging text today
-  Do one small act of kindness
-  Share one funny meme or video that will make them laugh
-  Ask one curiosity question tonight

Let's Build a Stronger, Happier Marriage Together.

If you want deeper tools to strengthen communication rebuild connection and bring joy back into your marriage. I'd love to walk with you.



BOOK A FREE DISCOVERY CALL AT
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THE 5-MINUTE RESET

1
MINUTE



PAUSE & BREATHE TOGETHER

Sit facing each other.
Take 3 slow breaths.
Say together **"We're on the same team."**

2
MINUTE



APPRECIATION

Each person says one thing they appreciate about the other from the past 24 hours.

You could say "I appreciate you cooking dinner today" or "I appreciate you not judging me out loud for eating that second dessert"

3
MINUTE



HEART CHECK-IN

Each person answers:
How is your heart right now?
What's one thing you need today?
How can I love you today?

These questions are powerful because it shifts the moment from talking to serving and it creates instant emotional safety.

5
MINUTE



PRAYER OR INTENTION

Choose one:
A short prayer asking God for unity, peace and joy.
A shared intention "Today we choose kindness."

Heavenly Father thank you for today and thank You for the gift of our marriage and thank you for the gift of my spouse. Help us love one another with patience and kindness. Strengthen our connection with each other and soften our hearts. We pray that your hearts listen with compassion and soften our tongue even when we feel overwhelmed. We ask that you fill our home with your peace joy and laughter. Today help us love each other the way you love us.

In your name we pray. AMEN



*Stronger
Together.
Connected
for Life.*

