



# GETTING STARTED

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## *PREMARITAL COURSE*

### **WELCOME TO THE PREMARITAL COURSE**

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**Thank you for being here.**

**Thank you for taking the time to invest in what I consider the most important area of life. In my opinion, couples that have a healthy relationship are able to navigate life much better than those that experience tension at home.**

**The reason for this is simple.**

**Consider if you are experiencing tension and conflict with your partner. To the point that you get anxious when they call you. Or you dislike the end of the work day because that means you have to go home. Going home to you means more tension and arguments. A life like this directly creates difficulties. It makes it so much harder to focus at work or to enjoy a fun activity.**

#### **FRIENDLY REMINDER**

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**Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.**

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**I created this course because I believe that we can work to having our own version of the perfect marriage. A life that we reflect on with satisfaction and happiness.**

## **HOW TO GET STARTED**

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**The course is structured with an introductory video. Please watch this first.**

**Then transition to the lectures and lastly the exercises. The lectures will give you access to understanding key areas that help couples build a healthy and lasting relationship. The lectures also help you understand how to effectively use the exercises.**

**Here is the best thing.**

**You get to use this course as often as you need it.**

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