



*For Us*



***Happy marriages begin when we marry the ones we love,  
and they blossom when we love the ones we marry.***

*- Tom Mullen*

Marriage is like a seed of love sown by two people, nurtured with **love** and **commitment**. Sprinkle doses of **appreciation** to make it bloom. Grow deeper roots with strong **communication** and stay attuned by **listening** to each other.

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### LOVE

Accept your spouse for whom he/she is and respect them for that. To sustain a loving marriage, make each other a priority!



### COMMITMENT

Set out to reach goals together and be sure to support each other through good times and bad.



### APPRECIATION

Lasting love begins with appreciation for your spouse. Little acts of love go a long way to show that you care.



### COMMUNICATION

Take time to talk through each other's expectations and nurture your marriage through gentle reminders and kind words.



### LISTENING

Deepen intimate knowledge of your spouse through active listening. Sharing meaningful information brings the two of you closer!

# EMBARKING ON A MARRIAGE JOURNEY...

## TIP:

Building a relationship takes courage and effort. Look for opportunities to share openly with each other.

## TIP:

As you make wedding plans, share your dreams and learn to work on resolving differences.

## WEDDING PREPARATION

## SAYING "I DO"

## TIP:

Money matters - discuss how to plan and budget for personal and joint expenses.





*Building a successful marriage is a lifelong journey.*

*Understanding the different phases a marriage goes through can help you build a stronger and better relationship with your spouse.*

**TIP:**

Adopt a positive attitude and appreciation for your in-laws. Cultivate a feeling of acceptance towards them.

## JUST MARRIED

- Honeymoon period
- Learning how to live together
- Adjusting to new roles such as husband-wife, son-in-law, daughter-in-law.

**TIP:**

Caring for your baby can be all-consuming. It is important to nurture your marriage by giving it quality time too.

## NEWLY MARRIED (0-3 YEARS)

## BIRTH OF 1ST CHILD

- Learning to care for newborn, raising a child and adjusting to new role as parent.
- Couple time is reduced as family time takes priority.



**TIP:**

Re-focus on your marriage and build a closer, more personal relationship with your better half.

## EMPTY NEST

- Children have grown up and are independent.
- Now there is more time to spend together as a couple.
- Continue to show each other attention and affection.

LATER YEARS  
(>20 YEARS)

**"Love does not consist of gazing at each other, but in looking outward together in the same direction."**

*- Paulo Coelho*

**TIP:**

Marital conflicts can have a positive outcome when couples share mutual honest feedback in a trusted and secure relationship.

## PARENTHOOD

- Focus on child-rearing, child education and development.
- Learning how to parent and work as a team.

### TIP:

Show appreciation to each other in front of the children. Words such as "Please", "Thank you" and "I miss you" are important to build a loving family.

### TIP:

Setting shared goals is a great way to unite the family, and for couples to feel like a team.



### TIP:

Open communication is crucial when both husband and wife are juggling work, chores, and children.



MIDDLE YEARS  
(3-20 YEARS)

## WORK-LIFE BALANCE

- Learning how to balance various stressors in life - marriage and family life, financial commitments, building/changing careers.
- Managing different expectations and goals in life.

### TIP:

Listening and being supportive when your spouse is experiencing difficulty at work can help to restore work-marriage balance.

# ACTIVITIES TO



## GEEKING IT OUT TOGETHER

Go up against each other or join forces to form a formidable team fighting against a virtual enemy.



## FINDING NEW TREASURES

Hop on a bus and alight at a stop both of you have not been to. Set out on foot for a small adventure and create new memories together.



## LOUNGING IT OUT IN COMFORT

Take a break from the hustle of life and recuperate with your spouse in comfort.



## CAPTURING PRECIOUS MOMENTS

Take some beautiful pictures and work on a scrapbook together. Both genders can derive much joy from this activity. (Refer to page 10)

# DO TOGETHER



## A COSY NIGHT IN

Buy your snacks and favourite food, sit back and watch your favourite films while cuddling on the couch. Simply be with each other on a lazy day.



## BASKING IN ROMANCE

Walk along the beach or choose a quiet spot to soak in the sunset side by side. Deepen intimacy as you share your deepest thoughts and feelings with each other.



## SPICING UP YOUR MARRIAGE

Make your favourite dishes together to warm your heart and soul. Work as a team to whip up a new dish.



## KEEPING FIT TOGETHER

Couples who gym together, stay together. It's a great way to stay healthy too.

# TABLE FOR TWO



## PASSIONATE PASTA

### INGREDIENTS

- Olive oil
- ½ onion (optional)
- 1-2 garlic cloves
- 400-500g of fresh tomatoes
- 2 tablespoons of tomato paste
- ¼ cup of freshly chopped parsley
- ¼ teaspoon of fine sugar
- A pinch of salt
- 2 teaspoon of ground black pepper
- Approximately 200g of preferred pasta

### GETTING STARTED

- Crush the garlic cloves.
- Dice the onions finely.
- Dice the tomatoes into small cubes.
- Cook the pasta in a pot of boiling water, following the cooking time stated on the pasta packaging.

### LET'S COOK!

- Pour 1 teaspoon of olive oil into a large frying pan and use medium heat.
- Add the onions to the pan and stir until they start to soften. Follow this with the garlic until there is an aroma.
- Add the diced tomatoes with 1-2 tablespoons of tomato paste.
- Turn up the heat to high and stir until the mixture starts to boil.
- Reduce the heat to medium and let it simmer. Continue to stir until the mixture starts to thicken slightly, which will take about 10-15 mins.
- Add in the chopped parsley (leave some for garnishing later) and sugar, followed by the salt and pepper.
- Stir in the pasta and mix well.
- Add some chopped parsley as garnish on the top and it's done!





## LET'S POTATO

### INGREDIENTS

- 300g of small potatoes (preferably white potatoes)
- Salt
- ¼ cup of mayonnaise
- ¼ cup of miracle whip
- 1.5 tablespoons of mustard
- Freshly ground black pepper
- ¼ cup of chopped fresh dill
- ¼ cup of chopped ingredients (i.e. celery, red/green onion)
- ¼ a lemon

### GET STARTED

- Boil the whole potatoes with 1-2 tablespoons of salt, after which lower the heat and let it simmer for 10-15 minutes. *(To check for doneness — pierce a fork through the potato and it will be easy if they are cooked.)*
- Cut the potatoes to bite-size pieces.

### LET'S COOK

- Mix the mayonnaise, miracle whip, mustard, dill, a little salt, fresh lemon juice, and generous amounts of pepper into a bowl.
- Whisk the whole mixture.
- Put the potatoes, chopped ingredients and sauce into one large bowl and mix them well.
- Cover the bowl and refrigerate it for a few hours before serving it.

**FOOD MADE WITH LOVE SIMPLY TASTE BETTER!**

*Nourish your marriage through simple meals prepared with love and effort!*

# SCRAPBOOK!

## A FUN WAY TO DOCUMENT OUR LOVE

Scrapbooking is a fun and interesting way to document your journey together, visualising the experiences, joy and laughter shared.



### THINGS THAT YOU WILL NEED:

#### ESSENTIALS

Scissors, tape, glue stick, pencil, ruler, penknife, cutting mat and pens

#### ADDITIONAL ITEMS

Foam tape, craft glue, coloured pens

#### OPTIONAL ITEMS

Small craft scissors, ink pads, additional stickers or embellishments

## LET'S BEGIN!



### STEP 1 - RESOURCE GATHERING

Find and organise the pictures you want to include in the scrapbook. You can use polaroid pictures or normal 4R-sized pictures for the scrapbook making process. If the pictures you have are digital copies, it is strongly encouraged to have them developed at a photography store as the colours are more vibrant.





## STEP 2 - DECIDE ON A THEME

Most scrapbooks have a theme that guides the general direction for the visual elements. Use your imagination to create a layout that will suit your theme.

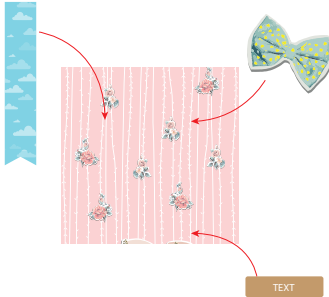
A recommended size would be one with a height of 20cm and a width of 25cm. Square sizes are commonly used too (eg. 20cm by 20cm).



## STEP 3 - FRAME WORKS

Cut the pictures to your desired shape to get a better crop of the picture.

\* Go ahead, be creative and use other shapes such as circles or heart-shapes.



## STEP 4 - PIECE IT TOGETHER

Start pasting your pictures and graphical elements to populate the empty page.

Remember to pen your feelings, interesting facts, dates, and personal messages amongst other things. This helps to jog your memories in later years.



## STEP 5 - FINISHING TOUCHES

Decorate with the cut-outs and any embellishments.

### TIP:

Do not be afraid to stick the graphical elements one over the other. This layering effect may help make the scrapbook more appealing.



# MOMENT OF TRUTH!

Strengthen your couple bond by staying interested in each other and exploring each other's inner worlds. Take turns to ask and answer the following questions to better understand each other.

*How have our differences made us stronger as a couple?*

*What do you think is the greatest strength I am bringing to our marriage?*

*What are some of your favorite memories of us?*

*What is one thing I do that makes you feel significant?*

*How would you describe our courtship?*

*What are some ways we can pay more attention to each other?*

*What can we do together as a shared hobby/interest?*

*How do you feel when I surprise you?*

*A successful marriage requires falling in love many times,  
always with the same person.*

*- Paulo Coelho*