

Heart-to-Heart Connection Mini Marriage Coaching Academy Course

Unveiling Your Deepest Desires as a Couple

Introduction

Welcome to the Heart-to-Heart Connection Mini-Marriage Coaching Academy Course, a journey for couples to explore and understand each other's deepest desires and dreams. This mini course is designed to foster a more profound connection by delving into the emotional and heartfelt aspects of your relationship.

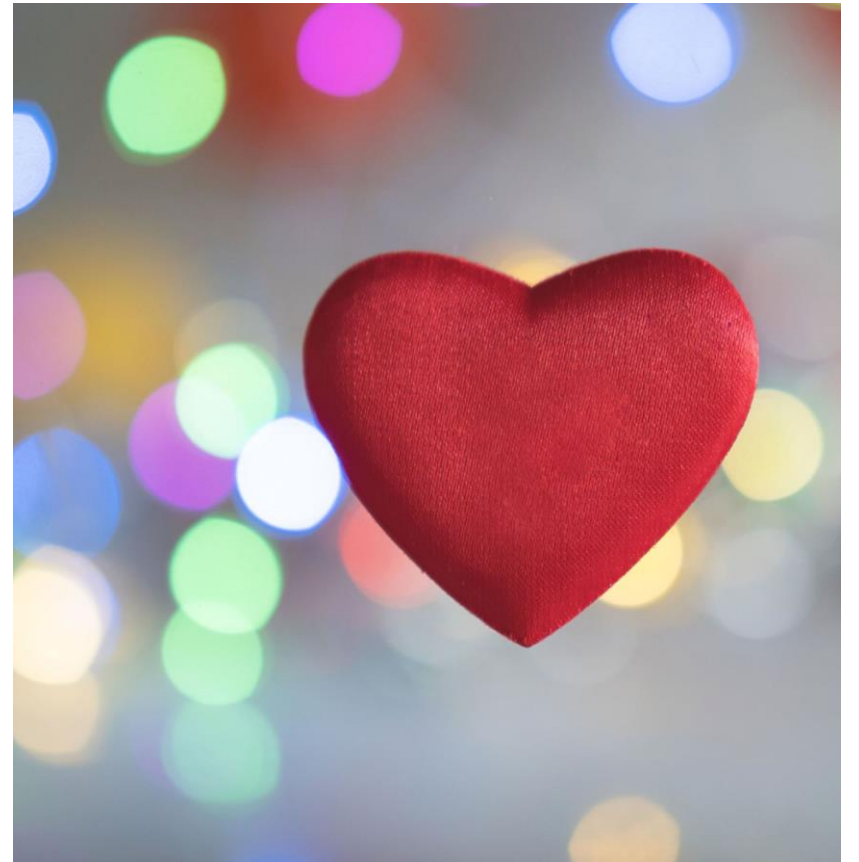
Take this quiz together, make sure you think your answers and share your innermost thoughts. Be a good listener to each other and please don't interrupt. The goal is to enhance empathy, strengthen emotional bonds, and pave the way for a relationship that fulfills both of your hearts' desires.



About Me

Hello, I am Marriage Coach Charmaine, your dedicated marriage coach with a unique blend of experience as a minister and relationship guide. Over the years, I've had the privilege of guiding couples on their journey to lasting love, with every couple I've married standing strong until death. Specializing in pre-marriage coaching and communication mastery.

My approach is holistic, addressing both the spiritual and practical aspects of relationships. I'm committed to empowering couples with proactive communication tools, ensuring enduring support beyond the wedding day. Let's embark on a transformative journey together, where your relationship can thrive and endure. Invest in your marriage today for a lifetime of happiness!



Instructions

Marriage Heart to Heart

- Each of you should independently answer the following questions. Be open, vulnerable, and authentic in your responses.
- Set aside dedicated time to discuss your answers with your partner. Approach the conversation with empathy and a genuine desire to understand each other better.



#1 In the Depths of Your Heart:

- a. What is the one thing you've never shared with your partner but have always wanted to?
- b. How can your partner support you in bringing this desire to fruition?



#2 Emotional Needs

- a. Reflect on a time when you felt truly emotionally connected with your partner. What made that moment special?
- b. What specific actions can you both take to create more emotionally fulfilling moments in your relationship?



#4 Dreams and Aspirations

- a. Share one dream or aspiration you have for your future as an individual.
- b. How do you envision your partner playing a role in achieving this dream?



#5 Meaningful Gestures

- a. What small, meaningful gestures make your heart flutter and create a sense of love and appreciation?
- b. How can you incorporate these gestures into your daily lives to deepen your connection?



#6 Love Languages

- a. Identify your primary love language (e.g., Words of Affirmation, Acts of Service, Quality Time, Physical Touch, Receiving Gifts).
- b. How can your partner best express love to you in a way that truly resonates with your heart?



#7 Shares Experiences

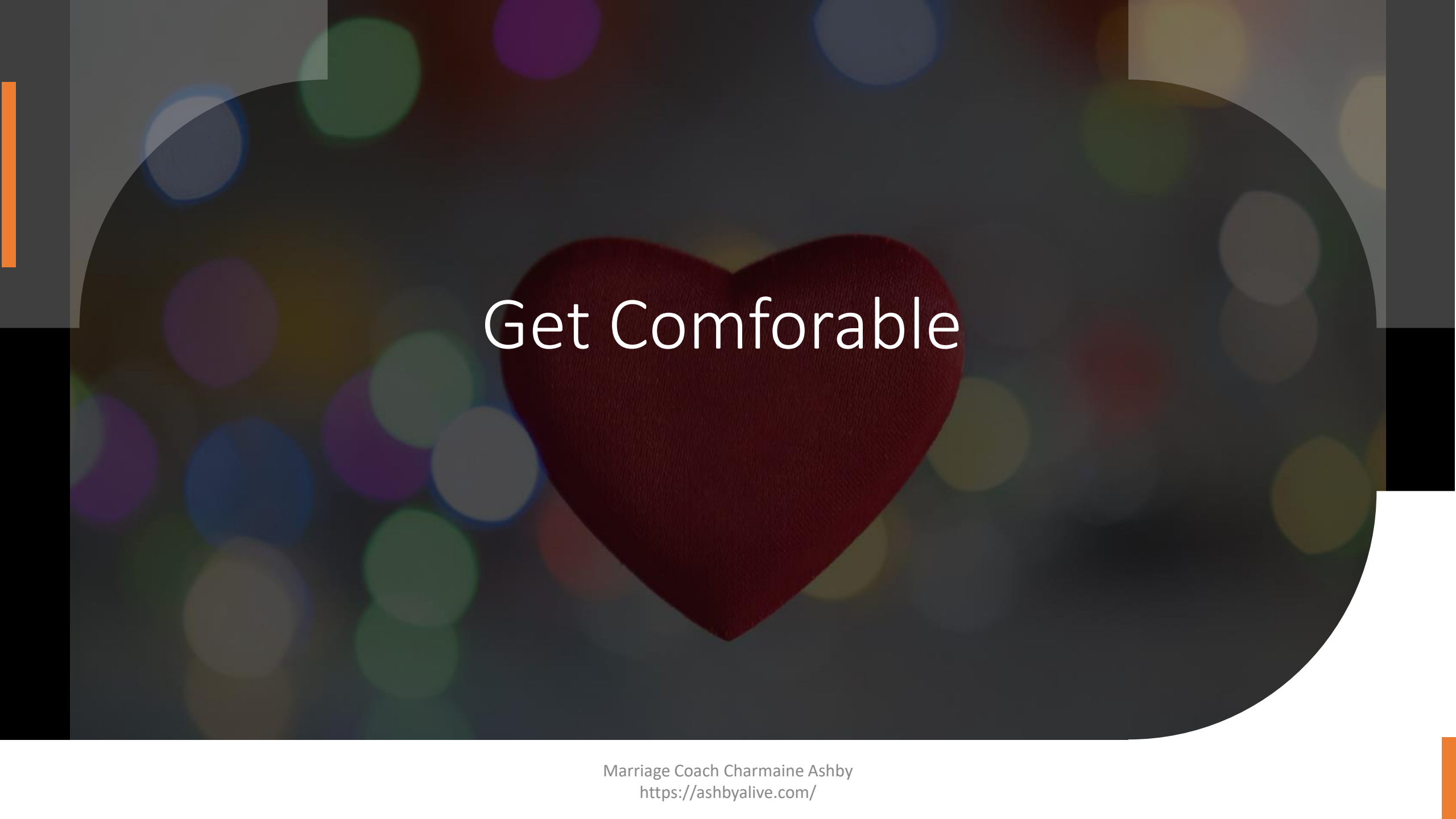
- a. Think of a past shared experience that brought immense joy to both of you. What made it special?
- b. How can you create more memorable experiences together in the future?



#8 Challenges and Growth

- a. Share a personal challenge or area of growth you're currently navigating.
- b. How can your partner support you in overcoming this challenge or embracing growth?



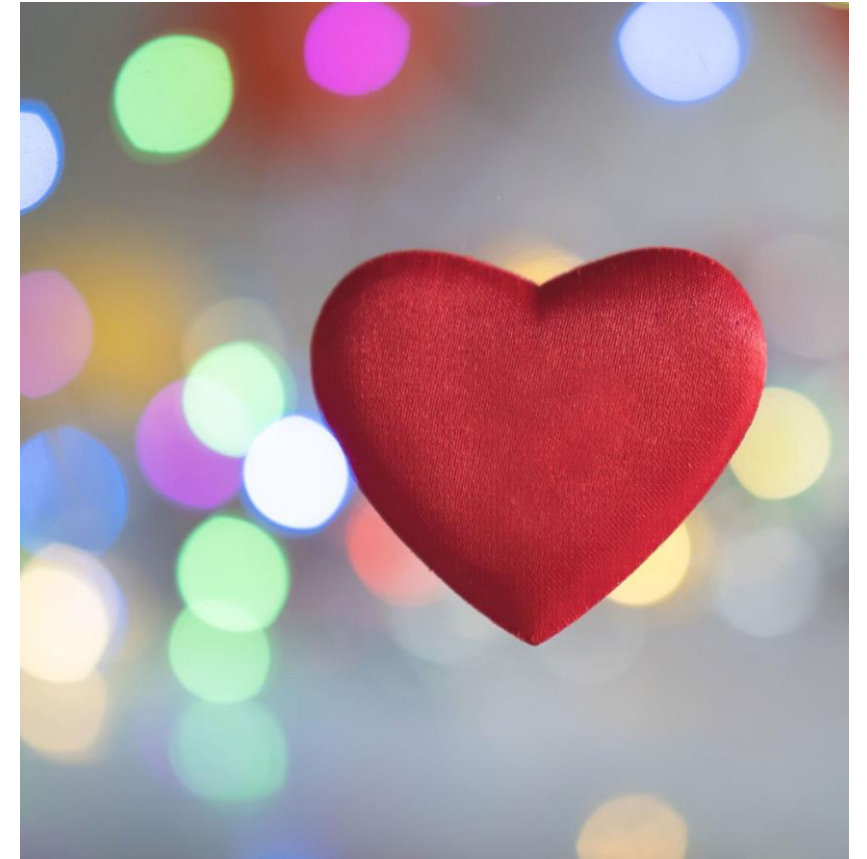


Get Comfortable

Discussions

Convene to discuss your quiz responses, focusing on the emotional nuances and vulnerabilities shared. Consider the following prompts:

- Reflect on the emotions stirred by each other's responses.
- Discuss ways to support and actively contribute to each other's heartfelt desires.
- Explore how you can create a more emotionally rich and fulfilling relationship.
- Celebrate the uniqueness of your connection and commit to nurturing it.
- Remember, this quiz is a tool for deepening your understanding of each other, fostering empathy, and building a relationship that is aligned with your truest desires.



Ready to Take the Next Steps

Take the next step in your journey to a stronger, more fulfilling marriage? I'm here to help. Feel free to reach out to me through email at consultant@charmaineashby.com or by phone at 1.855.945.4154. I would love to hear your thoughts about this mini-Marriage Academy Course

For more information about my coaching services and to schedule a session, visit my website at www.ashbyalive.com. Let's start this transformative conversation together and build a foundation for lasting happiness in your marriage. I look forward to connecting with you soon!

