

# Before You Say 'I Do' Checklist

## A Premarital Conversation Guide • Divine Grace Coaching • Guiding Couples With Grace

Have you discussed the following topics together? Check each item as you work through them.

### **Faith & Spiritual Life**

- Relationship with God
- Church involvement
- Prayer and devotional habits
- Spiritual leadership expectations
- Core beliefs and values

### **Communication & Conflict**

- Communication styles
- Conflict resolution strategies
- Triggers and sensitivities
- Expectations during disagreements
- How to repair after conflict

### **Finances**

- Income and employment goals
- Budgeting preferences
- Debt and financial obligations
- Saving and investing goals
- Giving and generosity

### **Family & Relationships**

- Boundaries with extended family
- Holiday expectations
- Friendships and social life
- Family traditions
- Past relationship experiences

### **Marriage Expectations**

- Roles and responsibilities
- Household responsibilities
- Quality time expectations
- Future goals and dreams
- Definition of a healthy marriage

### **Children & Parenting**

- Desire for children
- Parenting philosophies
- Discipline approaches
- Education preferences
- Family values to pass on

### **Intimacy & Connection**

- Expectations around intimacy
- Love languages
- Emotional connection
- Affection preferences

- Maintaining closeness over time

**Future Vision**

- Where we want to live
- Career goals
- Lifestyle goals
- Shared dreams
- Legacy we want to build together

**Reflection Questions**

1. What topic was easiest for us to discuss?

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2. What topic needs more conversation?

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3. What are our greatest strengths as a couple?

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4. What is one area we want to intentionally strengthen before marriage?

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**Next Step**

Premarital coaching can help couples uncover blind spots, strengthen communication, and build a healthy foundation before marriage.