



Marriage Health Assessment

A Simple Snapshot of Your Relationship • Divine Grace Coaching

Instructions

Rate each area of your relationship from 1–10.

1 = Needs Significant Attention

10 = Thriving

Relationship Areas

Communication _____ / 10

Trust _____ / 10

Spiritual Connection _____ / 10

Emotional Connection _____ / 10

Physical Intimacy _____ / 10

Conflict Resolution _____ / 10

Friendship & Fun _____ / 10

Financial Unity _____ / 10

Teamwork & Partnership _____ / 10

Shared Vision for the Future _____ / 10

Reflection Questions

Which area received the highest score? _____ Which area

received the lowest score? _____ What is one strength in

our relationship? _____ What is one area we should

intentionally focus on? _____ What is one practical step we

can take this month? _____

Marriage Health Check

Mostly 8–10s: Your relationship appears healthy in many key areas. Continue investing intentionally.

Mostly 5–7s: There may be areas that need attention and intentional growth.

Mostly 1–4s: Your relationship may benefit from additional support, guidance, and focused attention.

This Month's Challenge

- ✓ Discuss your scores together.
- ✓ Celebrate one strength.
- ✓ Choose one area to improve.
- ✓ Create one action step for growth.

Need Additional Support?

The Covenant Alignment Intensive provides a personalized relationship assessment and 90-day roadmap designed to help couples identify patterns, improve communication, and create intentional next steps. <https://divinegracecoaching.com/covenant-alignment>

Divine Grace Coaching

Guiding Couples With Grace