



# MARRIAGE VISION TRIP WORKBOOK

Your marriage is your most important relationship –  
second only to God. Invest the time and  
attention in your marriage that it deserves.

BY RICHARD AND MARY AMOEDO

# WELCOME

*Hi There!*

We started doing these marriage vision trips over 10 years ago and we know this is one of the reasons our marriage has been so strong in good times and in bad!

We are passionate about equipping other couples to design a life they love. We know that when a marriage is strong, the entire family unit thrives!

We believe that if you put your marriage first, you will experience the presence of incredible love, passion and unity in your marriage. Investing in your marriage now will give you the ability to advance and grow through any challenges that arise.

We pray that you invite God into your marriage and let Him help you develop a legacy for the next generation!

*Richard & Mary Amodeo*

## ABOUT US

We've been married 22 years with 3 beautiful children and 1 son-in-law. We've worked together for almost our entire marriage and are more in love now than we have ever been!





## HOW TO SCHEDULE & PREPARE

- Schedule as soon as possible and complete by the end of the year. We find that October until Early December is best.
- Allow 2.5 to 3 days on the trip. We've discovered that 3-4 days seems to be a sweet spot for fun and getting the work done.
- Keep the travel time to a minimum. Destinations that require flying can create a layer of stress not conducive for the time needed. We prefer to drive within a 3 hour window.
- The importance of this trip is to get away and get some place quiet.
- Cell phones during the trip - Pick 2 or 3 times if you want to check in on any important matters like kids and preferably not work.
- BEFORE the trip - Individually (not with your spouse) go through "Topics for Discussion" and highlight all the things you want to discuss with your spouse. Make a note of the Top 3 things that are most important to you to discuss with your spouse so that it is not missed on the trip.
- Work on developing your Core Values



## WHAT TO BRING ON YOUR TRIP

**Flip charts** - This is good to use as you go through Foundational Conversations as well as Topics for Discussion

**Journal or Notebook**- We recommend you use the same one each year so you can reference what you create from year to year.

**Bible** - It's good to go back to the Word of God as a basis for your Core Values and Standards

### **Pens, Markers and Highlighters**

**Books for reference** - Use them for inspiration as you create goals in each area of your life.

**Calendar** - Plan out your year on this trip. Put the most important events in first and schedule everything else around them. This helps you create a life by design rather than living a life by default

**Food & Snacks** - This allows you to work beyond hunger if you catch yourselves on a roll!

# FOUNDATIONAL CONVERSATIONS

*These are foundational conversations that help you create a cohesive vision for your marriage and family.*

## 01 Core Values

- What are our family Core Values?
- What are the standards we want our family to live by?
- If you have not distinguished your Core Values, complete the Core Values exercise attached.

## 02 Family Vision

- What's our definition of a SUCCESSFUL marriage?
- What do we want it to look like 10, 20, 50 years from now?
- (Individually write down your ideals and what that would look like in all areas – communication, finances, sex, household, spiritual, health, etc.)
- Discuss what you wrote down.
- What did God put us together for?
- What kinds of things do we want people to say about us when we are gone?
- What are our giftings and passions as a couple and as a family?
- How do we want people to feel when they enter our home?  
What specific things can we do to create and maintain that atmosphere?
- How have I been inconsistent with what we are creating that I need to acknowledge and/or apologize for? Are there any words of correction or direction God is speaking to me/us?

# FOUNDATIONAL CONVERSATIONS

*These are foundational conversations that help you create a cohesive vision for your marriage and family.*

## 03 Children and/or Grandchildren

- How can we transmit our values to our children?
- What memories of family life would we like our children to hold dear? What specifically would we have to do, change, or eliminate from our lives now in order to produce those memories?
- What would we like to teach our children about spiritual development and our own personal beliefs?
- How can we discipline our children while still showing that we love them and protecting their self-esteem? How can we operate as a team in doing this?
- How can we be sure to avoid undermining one another in applying correction?
- List each child. Ask and answer for each: What unique gifts or callings do we see in him/her? What can we do to help him/her develop those gifts and walk in that calling? What is God speaking to us about this child?
- What do we want the kids learning this year?
- What do the kids want to be learning?
- What do we need to prepare them for over the next year?

# TOPICS FOR DISCUSSION

*As you go through each topic, take notes on what is discussed so you can document and create an action plan to fulfill on your vision.*

## 01 Relationship Needs

- Season we are in - What season are we in and what do we need to focus most on? What life events are impacting this season? Growth, health challenges, life changes, financial changes, preparing for new family members, preparing for empty nesting,
- Date Nights and Vacations
- Romance, Sex & Intimacy

## 02 Individual Needs

- Self-care
- Spiritual Walk
- Health & Fitness
- Hobbies
- Places to visit
- Things to experience

## 03 Children / Grandchildren

- Go through each one of you children (grandchildren)
- How are they doing?
- What are they doing? School, sports, hobbies, etc.
- What is God calling us to work with them on this year?
- Who should they invest more time with?
- Who should they spend less time with?

# TOPICS FOR DISCUSSION

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## 04 Family Business (Household Operations)

- Household / Housework / Responsibilities
- Schedules – time management (personal and family)
- Family Calendars
- Stressors - What things (events, activities, commitments) tend to create the most stress in our household schedule? How can we lower that stress?

## 05 Relationships

- Friendships—individually & as a couple
- In-laws & extended family relationships
- Who do we spend time with that energizes us?
- Who do we need to spend less time with?
- Who should we invest more time with?

## 06 Business / Career

- What are we working on?
- What's working?
- What's not working?
- What's missing that would make us more effective?
- What gives you life? What gives you energy?
- What drains your energy?
- What do you ultimately want to be doing for work?
- Are you on a path to that destination?



# TOPICS FOR DISCUSSION

*As you go through each topic, take notes on what is discussed so you can document and create an action plan to fulfill on your vision.*

## 07 Finances

- Know your monthly overhead.
  - How much income do we have coming in?
  - How much money (expenses and spending) do we have going out?
  - Where should we invest the difference?
- What spending habits do we need to adjust?
  - Subscriptions
  - Amazon
  - Coffee
  - Fast Food / Eating Out
  - Entertainment
- Agree on debt reduction plan OR wealth building plan
  - You cannot build wealth on top of a shaky foundation.
  - Grow your income to pay off your high interest, short term debt.
  - It's normal and it's your choice to have debt on your house or debt on your cars as long as it's in proportion to the income you are generating.
- What expenditures do we need to plan for?
  - Big purchases? College expenses? Remodeling? Big trips? Elderly parents?

# GOALS AND DESIRED OUTCOMES

*What do you want to have happen in each of these areas?  
How do you want life to look over the next 12 months?*

**01 MARRIAGE** - As a couple, what do we feel called to accomplish over the coming year?

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**02 INDIVIDUALLY** - What are do you feel called to focus on over the coming year?

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**03 CHILDREN / GRANDCHILDREN**

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# GOALS AND DESIRED OUTCOMES

*What do you want to have happen in each of these areas?  
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## 04 FAMILY BUSINESS (HOUSEHOLD OPERATIONS)

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## 05 RELATIONSHIPS

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## 06 BUSINESS / CAREER

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# GOALS AND DESIRED OUTCOMES

*What do you want to have happen in each of these areas?  
How do you want life to look over the next 12 months?*

## 07 FINANCES

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# TOP 3 GOALS

What are the 3 biggest goals that will have the greatest impact on all the other areas of your life?

## Goal #1

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## Goal #2

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## Goal #3

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## TOP 3 GOALS - MILESTONES

What are the milestones that need to be accomplished to fulfill on these goals?

What are the quarterly, monthly, and/or weekly milestones?

What are the habits and practices that need to be put in place or developed to fulfill on these goals?

### Goal #1

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### Goal #2

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### Goal #3

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# LEARNING AGENDA FOR THE NEXT 12 MONTHS

What knowledge and wisdom do we need to gain?

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What skills are we going to learn?

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What books are we going to read?

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What mentors are we going to follow and/or work with?

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What seminars/courses/podcasts are we participating with?

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## COMPLETION STEPS

Create a Vision Board as a family - bring the family into alignment with what you have created.

Schedule monthly check-in dates - at least 4 on the calendar.

Schedule a time to go over your goals, milestones, and action items with your children (if appropriate).



# CONGRATULATIONS

We are so proud of you! You have invested time that most never even consider and we know this will benefit you for a lifetime.

*Richard & Mary Amoedo*

