

# The Seven Principles for Making Marriage Work

by John M. Gottman, Nan Silver

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Refresh one love map**

Ask one question about your partner current worries, hopes, workload, or friendships. Do not correct, solve, or compare. Just update the map.

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**02 Catch three bids today**

Notice small invitations for attention: a sigh, joke, comment, touch, or look. Turn toward with eye contact, warmth, or a curious follow-up.

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**03 Use a softened startup**

Begin the next complaint with I feel and I need instead of blame. Keep the first sentence specific enough that your partner can stay present.

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**04 Practice a repair phrase**

Choose one line before conflict starts: Let me try again, I am getting flooded, or I still want to understand you. Use it early.

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**05 Ask for the dream**

For one recurring disagreement, ask what hope, fear, identity, or old story sits underneath the position. Listen for meaning before compromise.

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**06 Create a tiny ritual**

Design one repeatable ritual: a six-second kiss, Sunday coffee check-in, bedtime gratitude, or phone-free dinner opener. Make connection scheduled and visible.