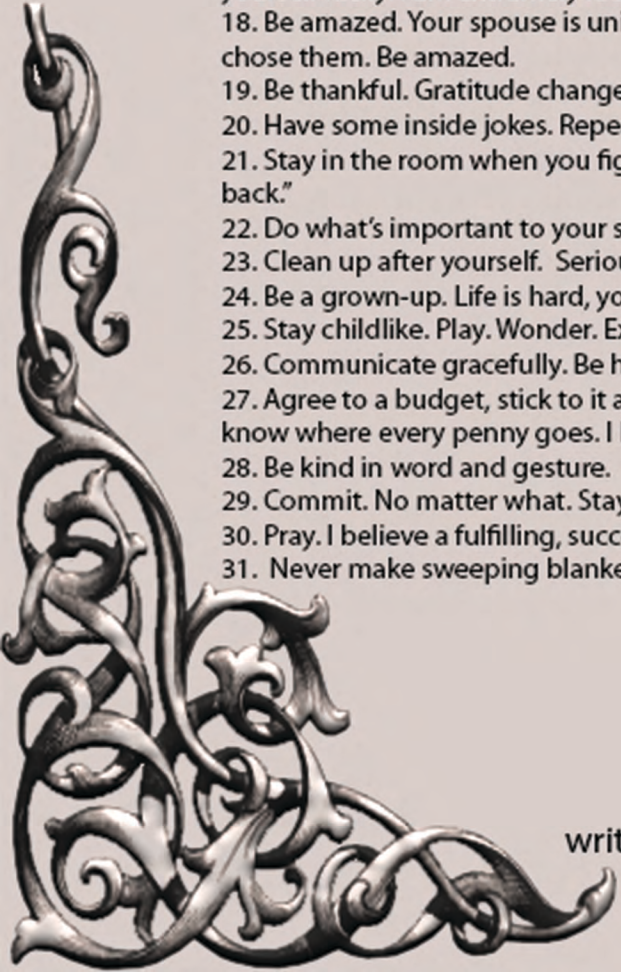


30 Ways to Stay Married for 30 Years

1. Treat everyday as a fresh start. Offer forgiveness and grace. Accept both in return.
2. Mind your manners. Say please and thank you and excuse me.
3. Smile. Especially in the car. Have you ever noticed how people in cars are rarely smiling?
4. Take care of yourself. Eat right, exercise and get some sleep so you can be around for the next 30 years.
5. Assume the best. Chances are he/she meant to do the right thing even if they messed it up.
6. Take turns with the Netflix queue. And restaurant choices. And the TV remote.
7. Go out for breakfast. Even if it's just for a 90 cent doughnut. It's important to carve out time to talk together.
8. Be a team. Keep your fights in the locker room.
9. Be spouses first. Then be parents second and children third.
10. Cultivate separate hobbies. Be interested in things you can talk about other than the kids and the house and your parents.
11. Travel together. It brings out the best and worst in you, so you can work through the worst and enjoy the best.
12. Put your phone down and make eye contact. I am terrible at this one.
13. Kiss more.
14. Dude. It's not about you.
15. Believe he/she is the most fascinating person in the room. At one time you thought so and it's not fair to change.
16. Be on time. It conveys respect and honor.
17. Love his/her family. No matter what. Love is different than like. If you also like them, then consider yourself lucky. I am extremely lucky.
18. Be amazed. Your spouse is unique. Like no one else God ever made. And they chose you. And you chose them. Be amazed.
19. Be thankful. Gratitude changes everything.
20. Have some inside jokes. Repeat your stories. Create traditions.
21. Stay in the room when you fight. If you have to leave, say, "I have to leave, but I promise to come back."
22. Do what's important to your spouse. Even if it's not important to you. At least every once in a while.
23. Clean up after yourself. Seriously.+
24. Be a grown-up. Life is hard, yo. Don't whine and complain. Suck it up.
25. Stay childlike. Play. Wonder. Explore.
26. Communicate gracefully. Be honest without being hurtful. Be both truthful and tactful.
27. Agree to a budget, stick to it and review it frequently. We have financial night every Monday night. We know where every penny goes. I hate it, but because a saver married a spender, it has saved us.
28. Be kind in word and gesture.
29. Commit. No matter what. Stay in it. Don't allow the "d" word to cross your lips.
30. Pray. I believe a fulfilling, successful, happy marriage is impossible without God's help.
31. Never make sweeping blanket statements. No one does something every time or always.



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