

Enough Excuses

Your relationship needs massive amounts of time and attention to grow and be healthy. Can you think of anything on earth more important than our relationships with our loved ones? Me either.

Your marriage and family deserve more than "quality time". They deserve quantity time - more than you think, too. **Think about it. In the beginning of your relationship, what did you want, quality or quantity time?** Quantity! You couldn't get enough!! You craved unlimited time with them so you got married because even forever wasn't long enough!

So don't let life get in the way and shove you around. Take charge. Say no. So "no" to the good so you have time for the best. Make love your first priority. Stay focused on each other no matter what. Give each other your best energy and attention. Give each other massive amounts of time because no one else will ever love or care for you as much as your spouse. Decide right now that you will do something this week to make your spouse feel like he or she is the most important person in the world to you. Make them your number one priority. When you do, miraculous things begin to happen in your relationship. One of them will be this: Joy will revisit your relationship.

No longer say to yourself, "I don't have time." I've observed that people have the time for whatever matters most to them *right now*. Decide to "show up" to your relationship and invest yourself fully. Hold nothing back! If it's important enough for you to show up for your job, or some other obligation, then it's important enough for you to show up for your marriage. You have all the time you need because everyone has 24 hours daily. There is no more time! Which means we must have all we need for what really matters. We don't have time for everything - but we don't need everything.

Two Ways To Spend Quantity Time Together

1. Take time to focus exclusively on each other
2. Take time to do things with other people

If you're facing marriage problems, make #1 your priority. Take time to focus on each other. This helps you re-establish a healthy connection, strengthen your bond and restore intimacy.

In #2 above, the event or other people get your focus and attention. This is healthy. But if you're in a struggling marriage, it can work against you because you can be together BUT still ignore each other because your attention is on the other people or event.

Giving your partner undivided time and attention lets them know that he or she is the most important person in your life...and that you wouldn't have it any other way.

Until next time, this Mike & the Crew and we want you to be *mad about marriage!*