

Are You a Boring Spouse?

“Be anything but boring” is one of Hollywood’s mantras - but it should be a marriage mantra, too. Couples often complain about how they’re in a rut and their marriage is so routine; mundane, vanilla. To put it another way: boring.

Is your marriage boring? Are *you* boring? Do you like to hang around boring people? Didn’t think so. Me either. (But just because someone is boring to me doesn’t mean they’ll be boring to you. That’s where it gets tricky.) *You owe it to your spouse to be an interesting person.* Ruts, routines and being mind-numbingly predictable are so...blah. **And being “blah” is a choice.** We can all choose to live the kind of life that is interesting and filled with a healthy amount of variety.

Up for a challenge? Challenge yourself to do something interesting this week - something unexpected and out of the ordinary. Maybe it’s taking your spouse someplace nice. Or finally taking up that hobby you’ve been *thinking* about so long.

Open your mind.

Open your heart.

Investigate.

Explore.

Question.

Laugh.

Go on adventures.

Make memories.

Live in awe.

Read.

Know what’s going on in the world.

Make new discoveries.

Be awake.

Be fully alive.

Most of all, strive to be interesting.

Stimulate your spouse intellectually and emotionally. Ignite their world. Share hobbies. Go swimming, hiking, scuba diving, take a road trip, learn kite boarding, go to a park, ride a roller coaster, plant a garden, enjoy a picnic, take up painting, learn photography, write a story, or a book, attend church, volunteer, sing in the choir, visit a nursing home, bring joy to kids in a children’s hospital, feed the homeless, help disadvantaged families, find a cause...

Engage life. Strive to enrich your spouse. Make special memories, give your life to something bigger. Be interesting. Live. And demonstrate that you love life and are grateful and passionate.

Until next week this is Mike & the Crew wanting you to be *mad about marriage!*