

Enrich Your Marriage: Be List

Too many of us put our value in what we *do* instead of who we *are*. Instead of making a “To Do List,” this exercise helps you understand who you are.

STEP 1: Fill in your name below.

STEP 2: Write down 5 characteristics that describe you on your best day. Think about what your kids, friends, mom and dad, and family may say about you, but don’t ask anyone. This needs to come from you.

STEP 3: Write down 2 or 3 characteristics that you have, but that take a little more effort and intentionality.

STEP 4: Write down 1 characteristic that God is trying to draw out of you.

_____ **'s Be List**

5 Characteristics

3 Intentional Characteristics

God Drawn-Out Characteristics
