

LAURA HOW

COUNSELLING & GUIDANCE



10 RULES FOR MARRIAGE

A simple code for a marriage that thrives. Print it, keep it, live by it. Watch the full video on YouTube @LauraHow

1

Make your marriage the number one priority. Above the kids, the work, the lot.

2

Tell the truth, especially when it's hard. No secrets, no off-limits subjects.

3

Be your spouse's best critic and biggest fan. Mostly warmth, the odd honest mirror.

4

Keep having sex, as often as you can. Choose it intentionally, don't wait for it.

5

Protect your marriage like your children. Guard it from anything that threatens it.

6

Do your work. Know yourself, so your spouse doesn't pay for your old wounds.

7

Stay attractive, and don't be boring. Keep becoming someone worth knowing.

8

Drop the negativity. Give freely, forgive quickly, default to warmth and gratitude.

9

Tend it like a communal garden. Together, with a shared vision for its future.

10

Make great sex a project. Don't just maintain it, build something beautiful.