

Episode 13 of the Extraordinary Marriage podcast features...

Debbie Sluys

Founder of Dare to Declare

Her FREE Gift –

Free e-guide 5 Steps to Creating a Powerful Vision Board

<https://debbisluys.com/vision-board-guide>

Dare2Declare.com

Do you have marital issues to overcome? Talk to Connie

<https://www.theextraordinarymarriage.com/fresh-insights-free-session>

Watch a “Recipe for a Happier Healthier Marriage”

<https://www.theextraordinarymarriage.com/pl/2147728355>

Unedited and Transcribed by Headliner

Speaker A: You.

Speaker B: How do you want to feel on your wedding day when you open your eyes in the morning? How do you want to feel? And how do you want that feeling, like that feeling to last all day long? Is it calm?

Speaker A: Is it peace?

Speaker B: Is it loved? Is it joy? Is it anticipation? Excitement? What's one word that can summarize how you want that day?

Speaker A: Are you ready to open the door to more romance, fun, and adventure? Or maybe it's compassion, support, and strength you're looking for. Discover real life stories and a path to overcome the pitfalls every marriage encounters. Welcome to the extraordinary marriage. Hello, and welcome to episode 13 of the Extraordinary Marriage podcast. I have a treat for you today. Her name is Debbie slews, and she empowers people by discovering, helping them discover their vision, helping them find balance in their life and their inner power. Welcome, Debbie.

Speaker B: Hi. Thanks. I'm excited to be here.

Speaker A: Well, Debbie and I first met maybe, uh, three years ago now, um, on a summit that I had done, and she was one of my guests. And I have to tell you that finding your vision in life is so important because people literally just tread water each and every day, never thinking about where they want to go. And that's what Debbie slews does. She helps people find their vision and find their purpose and what's important in life, and she helps them figure out how to get there. Right, Debbie?

Speaker B: Absolutely. It is really key. And otherwise, we tend to slide into mediocrity, and when you are not growing, uh, you really are dying. And so it's really about that growth and anticipation and just being a little bit better every day.

Speaker A: I know, and I don't know about anybody else, but I feel great when I'm learning something new, when I'm headed in that direction that I want to, so.

Debbie and I have been married 33 years, and every marriage is different

But today, Debbie, we're going to start a little bit with a little bit about you, because you're on the extraordinary marriage. So we're talking about what makes an extraordinary marriage. And we want to share a little bit of our ups and our downs so that our listeners can actually relate to us, because every marriage is different, and we all have those ups and downs. It's never, always the same. And, uh, we go through different seasons in our marriage. So, to start with, let me ask you, how long have you been married and how did you meet your spouse?

Speaker B: Ah, so, we've been married 33 years. And we met, um, the funny story is, I, uh, went with my father, uh, and my uncle to a church hockey, uh, game. And it was like, different churches, like I live in Ontario, Canada. They would put together hockey teams, the guys, and they would all have this tournament. It was always on, I, uh, don't know if you have this in the states, but in Canada we have boxing day. And so it was like the holiday after Christmas. We call it boxing day. So they would have this hockey tournament. And I saw this guy on the ice and he didn't have a helmet. And he had, like, at the time, this was, um, in the early 90s, late, uh, 80s, early ninety s. And the flowing hair kind of.

Speaker A: That's coming back, isn't it?

Speaker B: Actually, you're right. I did see actually, a few people recently, especially little guys anyways, flying around the ice. And, um, I was like, who's that guy? So I inquired about him. Uh, and then I found out who he was and that was that. And then, um, actually, only a week later, there was another church. Again, I grew up very conservative, very christian home. And we had a youth skating event. And again, all of our churches, um, from this area, um, they could go. And then they all went out for pizza afterwards. And he asked me to skate. And, uh, so I left my mitten on. That's the other hilarious thing. So we were skating around and I had my mitten on. Um, and then he asked me, do you want to go for pizza? I'll give you a ride to the pizza place. I said, sure. And so we're in the car, and I was working for a university or college at the time. And I was running the childcare there on the campus. And they had a banquet. And because I was an employee, I wasn't a student. Um, I was invited to go. Uh, and, uh, I didn't have a date. So I just met him. Like, we'd only met for about an hour and a half. And I said, hey, I got a great idea. Would you like to go to this bank with me? And, uh, he's like, sure. And so all of a sudden I realized, what if this night goes terrible? I've just committed to. This is weeks away. But the next Sunday, he came down to my parents, um, home. And we actually went to church together. Uh, and then actually, six months later, we were engaged. And a year later we were married.

Speaker A: Oh, my goodness. How old were you then?

Speaker B: Um, I was, uh, engaged at. I was 21.

Speaker A: 21?

Speaker B: Yeah. Just a baby.

Speaker A: Yeah, I'm about the same. I was, uh, engaged at 20, maybe at 19. And I got married at 20. All right, so I hear this word mitten. You said mitten. What is that? Is that like a thing that holds your hands together. What is a, um, mitten? I think about mittens. Two of them.

Speaker B: Mittens, yes, mittens.

Speaker A: Got you.

Speaker B: Ah, okay.

Speaker A: So all of a sudden I pictured you skating around with one of those old fashioned mitten things that you put your hands in. And I was thinking you couldn't, uh, help yourself if you fell on the. Know, I have this whole different picture going on there.

Debbie says opposites attract and that's what makes a great marriage

All right, so, um. It's funny, Debbie, a lot of the people that have been on the podcast so far have talked about meeting their spouse at church and that kind of thing. So maybe that has something to do with long term marriages, uh, meeting your spouse at church, although that doesn't always make it perfect, because everything's not perfect, but, uh, that's really cool. So tell me some things. What did you all find right away that you had in common? Because that's what makes a great marriage, right? Finding things in common.

Speaker B: Mhm. Um, actually it's interesting. I think it was more about the church. Um, it also had to do with, um, our background, our culture. So, um, although I'm adopted, I don't look Dutch, I have dark hair, dark eyes. Um, so I kind of stuck out compared to all the blonde and blue eyed tall people that were surrounding me in my church, in my school and so forth. Um, uh, I think that's about it. I think it was more opposites attract and uh, I'm definitely much more talkative, outgoing. Um, and um, yeah, there was an age difference. He's a bit older than me, so I think there was some of those things that opposites attract.

Speaker A: Actually, you know what? That is very true. Opposites do attract because opposites are able to fill in the gap for each other and different things are important to each of them. In fact, um, uh, they make a great team. But on the other hand, sometimes when we're opposite, it causes a little bit of trouble because we like a lot of very different kind of things.

Speaker B: For sure. I'm jumping ahead a bit here, but I really discovered that later on as I would be very frustrated sometimes with his way of parenting because it wasn't the way that I would parent. Uh, and ah, um, I was all about the hygiene and making sure that things got done in terms of their homework and sometimes became very militant. Um, I had, um, three children under three, so I had a son who was three, and then I had, uh, set twins were born. Yeah. So it was very busy and so I just resorted to being perfectionist and just trying to make sure everything was perfect and again, church gets involved there where you feel these obligations, which now, looking back, were definitely something that I was putting on myself as well, like worrying about being judged and so forth. But I became really, to the knowledge of appreciating, um, the partnership, as you said, and where we would be the ying and yang in how we would respond to the kids. And it was just really beautiful to, instead of wishing that he was more like me, actually appreciating for who he is and what he brought, uh, to the family, for sure. Okay.

Speaker A: Now, did that come in the early years? Did you appreciate his differences then or now? Um, you understand and appreciate those?

Speaker B: Yeah. No, that didn't come till later. I wish I would have. I wish I would have known, because I think it would have really, um, prevented arguments, my frustration. And, um, I just thought that I was too busy worrying about being right and needing to be right and, uh, not seeing and being curious about that perspective. So, no, I wish I would have known that for sure in the earlier days. But hindsight is always 20/20, isn't it, though?

Speaker A: But, um, the thing is that we all come from different families, besides the fact that we all have different personality styles. And that's what you're really talking about now, is that you had different personality styles, and so you went about things in a different way. What I find is often we perceive things so very differently. Um, but you go about them in a different way and then add on top of that, whenever you come from different families, you all have different habits. And, uh, you said you were adopted. Well, somebody got a beautiful dark haired girl. I'm sure they were excited and loved you to pieces as you were growing up. Um, and so you were very fortunate to be adopted. Um, evidently a church going family, too, right?

Speaker B: Absolutely, yes. Uh, I have had an opportunity to meet, um, my biological mother and father and siblings, and, um, I have a lot to be grateful for. Absolutely. And, um, not everyone has that opportunity to see what your life could have been. And again, I'm just so grateful. And that actually is part of my why and my reason why I support people, to create a vision and to live a purpose driven life, because I really feel that everyone, I mean, whether you're born into a family or not. But for me, it was like God picked me up at five months old and rescued me and said, I was in a foster home for five months and just said, oh, no, you're supposed to be over here. And so now what am I going to do with that gift? And so that's where I see the vision board as an expression of gratitude, of thankfulness. Back to, I'm going to speak in christian terms, but back to my creator to say thank you for this gift of life. Now, am I just going to, as, uh, we talked about earlier, live in mediocrity, or am I going to stretch the borders

as far as possible and dream as big as I can into this beautiful gift of life? So, yeah, my adoption has definitely played a part, a big part in my expression of my business, um, and just my desire for people to feel hope, enjoy.

Speaker A: I love that. And a lot of times we say, whatever you're doing, you want to begin with the end in mind. And at first when I heard that, I didn't really know what it meant, but it's really talking about having that vision for where you want to go, what you want to be, whether it's your family at work or it's your business, um, or if it's things you want to achieve in school, whatever it is, it's beginning with the end in mind. Where do I want to end up? And too often in this world, in this day and time, people only pay attention to what's right in front of them. And in that turn, the challenges are blown out of proportion, and that gets the focus instead of where they want to go.

What are some of the biggest challenges that you saw in marriage

I want to talk a lot about your vision, steph, today, but I want to also let you share. What are some of the biggest challenges that you saw in marriage? Maybe in the younger years, uh, since you've been married for quite a few years, maybe even you've seen challenges as your kids have gotten married. I know, um, my husband and I were from very similar families, and we are very fortunate because sometimes families look similar, but then they're not, and there's a lot of trouble that can come out of that. So, um, what would be some of the big frustrations, or how did you solve them or that kind of thing? What comes to mind?

Speaker B: Well, I would say, um, not being self aware, and as I already alluded to that, thinking that I was right and not even being aware of that. So becoming self aware, if I look at where I was as a young person in my marriage compared to, as I said, I have twin daughters, um, and they're both married. Actually, my older son is also married. I'm just in awe of my kids and their self awareness. And what that also has led is I'm noticing that they also are open about asking for support and asking for help, um, getting a financial planner. Like they're in their 20s. How awesome is that? Uh, that didn't even occur to me. Me neither. No, I mean, that wasn't something my family did. And I see my children, um, having, um, budgets and planning for their future. And, I mean, they're in their twenty s. I think that's just brilliant. So those were definitely some of the challenges and then that led. And now I'm understanding more about communication and how to communicate and something I've adopted now. And I see my children is direct, honest and loving. And so those are the three legs of the stool, so to speak, that all the communication goes through. If it's just loving, then it may be confusing, it may not be direct. Um, and if it's too direct, it may be harsh. Um, and if you're just circling around and not clear, because as Brene Brown says, clear is kind. So those three pieces are really dictating communication within my marriage, but also within, uh, my family. Uh, and I see my children the way that they're also being with their children, which is really beautiful, uh, and how they also are very connected to one another, their

siblings, as adults too. Um, I just am really in awe of my children's marriages and just some of the choices that they're making, which, um, some of our challenges, I think communication and finances were probably some of the biggest challenges, but they stemmed, as you said, from systematic challenges that were the way that we grew up. And my parents didn't communicate well and finances were never talked about. And so those things I just inherited and I didn't really know what to do with. And they created paradigms from which I was responding from because I didn't know any better. And as I said, I was really unaware.

Speaker A: We know much more is caught than taught, and we always hear about, well, you need to teach your kids this and teach your kids that. But the truth is that they live whatever they saw whenever they were growing up, good or bad, they live whatever they saw. And I want to go back to that word, aware. In the beginning, we're just doing the best we can. We're just figuring it out. Every single person is figuring it out. Nobody's been there before. They're figuring it out. And we first have to be aware of any kind of challenges, differences, how we might make our spouse feel bad about this or that. In the beginning, we're just emotionally responding, uh, most often. And we don't think about how we're making the other person feel. But being aware of your own behavior and seeing yourself as you are, um, I think definitely helps and to pause and really stop and think about the other person and how it looks to them. I like to say, like putting on their shoes and seeing life from their perspective. Because I would say that's something that unless you've been taught that as a kid, it's impossible. We just wouldn't know to even do that. But whenever you put on the shoes of the other person and think about how life looks from their side, it always does make a difference. But much more is taught than taught. And our kids live and act and do. And I like to think my kids are doing even better than I did. How about you?

Speaker B: Absolutely, yes. Um, just in terms of their housing situation, mortgages and. Yeah, just absolutely, uh, and just choices and I just feel really grateful that we were just in Florida for a couple of weeks and, um, both of my daughters actually got some big decisions. One actually, she just sold her house yesterday. So they're moving. And the other again, there were some decisions and they call know. I'm so honored that they're talking about it as a couple. Uh, and then it's like to get another perspective. And I feel so honored as their parents to be asked to weigh in. Um, but the beautiful thing is, and I said to both of them, you know what to do, you don't need us. We can validate, um, your choice, but ultimately you already have a decision. You know what you want to do and just follow your heart. And so, um. Yeah, I feel really blessed when I get that opportunity.

Speaker A: Well, ultimately though, asking someone else's opinion and being able to listen to their opinion and what they say, they might bring out something that you hadn't thought of. So that's really smart. It shows intelligence to do that and not to be closed and don't want to hear anyone else's opinion. Um, I'm a person that I can listen to. 2345 opinions. I call it collaboration. I love to hear what somebody else thinks about something. And then I take all that in, mull it around and then I come up with my decision. I wouldn't want someone to pressure me or push me because probably if you pressured or push me like most of our kids, right, then we're going to like a dog putting up all fours.

Speaker B: And they start skidding because they're not.

Speaker A: Going to move if you pressure them. But, um, it's important to hear other people's opinion because they think of something that possible you didn't think about at all. But, okay, so you are all about vision. And I think that that's why our kids are doing even better than we did, um, because we raise them with vision and to think positively and to see, um, the good things that can, ah, turning. What does they say? Um, turning lemons into lemonade. Sometimes you have to do that.

Debbie says marriage vision boards can help couples communicate across seven areas

Um, so, Debbie, tell us a little bit about your vision board in the idea of, um, couples and marriage. In fact, before we started today, you even said you had a marriage vision board. And, um, uh, I have, um, a short course. It's called, um, a roadmap to a couple. Um, I can't think of the end of it now, but everybody needs a roadmap in order to get where they want to go, for sure.

Speaker B: So I started because I had a request, uh, from someone to say, I want to do a vision board on my own, but really, I would love to do it with my partner. And so I actually have offered it a couple of times, usually around Valentine's, and it's like a valentine's date. And I've done it with a couple that was pre marriage and then someone, actually, my daughter and her husband, they were married two years, and I did it with friends who were 25 years married. So it really is right across the board that always refreshing. Your vision is such a beautiful thing. So it's not like a one and done where you just do it before you're married and then you leave it. I think it's just a beautiful practice to have to reconnect. And, uh, the couple that actually did it, premarriage, uh, they had it at their wedding reception for their guests to see, which was really beautiful, they had on their board. I remember they put a big red, uh, front door because they wanted to symbolize that their door was always open for their friends and family, and they really wanted that red and just express love. Uh, and so what the others said as well was it was a really beautiful way to communicate. Uh, so I liken it to like a puppet. So if you think about, I used to work in earliers, which is why I'm going back to the childcare idea, but with children who may not have the language skills or maybe have been traumatized, we would use puppets to be the third party to actually say, well, what would the puppet say? Or talk to the puppet. Um, it's like the vision board is sort of that third party where if the couple is finding that they don't have that direct, honest, and loving communication with each other, they just haven't been in practice, then the vision board is a way for that to be expressed and that it can help facilitate and work through decisions in all seven areas of their life. So what do they want their relationship to look like in terms of intimacy, in terms of friendship? Uh, um. Um. And just loving gestures.

David: It's important to know your love languages before planning your wedding

Talking about love languages. We talk about love languages in there as well, uh, which was a real big epiphany. I wish I knew that also in my 20s.

Speaker A: Um, well, you know, David, um, I did, in episode three of this podcast, I did love languages, and I actually took the little quiz, which I hadn't done. And I've been married so long, over 40 years. I've been married so long that I started to think that my husband's love language was my love language.

Speaker B: And that's exactly where the conflict comes in, doesn't it?

Speaker A: Yes.

Speaker B: And so, uh, I did the little.

Speaker A: Quiz, and I'm only talking about a few weeks ago, and I was like, oh, my gosh, I forgot. My love language is time. And so that means whether it's my husband or my kids or what it's like, spending time with me and doing things together is everything.

Speaker B: That's wonderful. Yeah. I believe mine is, um, acts of service and also gifts, too. I do love this kind of hand. Hand in. Yeah. And it doesn't need to be extravagant, but more just that thoughtful little gift or like the bookmark or a single flower or even just a gift of coffee, like something which.

Speaker A: Yeah, that's cool. So it's important to know those love languages, but back to your vision.

Speaker B: Yeah. So, um, those are all conversations that we get to have for this couple's vision. And it's just a beautiful way to have, um, a memento that they take home that they can continue in action with goals towards what it is that they have put on this vision board, uh, because they've done it jointly. What was really interesting is I had, uh, someone come across my website and saw that, and she is a wedding planner. So you were talking earlier about various. All these applications for a vision board.

Speaker A: That's somewhere people definitely have vision and plan for years and years and years. Yes.

Speaker B: But it's also a place where people have a lot of conflict because everybody has their opinion about what, where, who all at, what's supposed to be like.

Speaker A: That's right.

Speaker B: And that's where a lot of stress and frustration can come from. Uh, so I created, uh, a product for her called vow to vision, and it's specifically a vision board for couples planning their wedding. So imagine again having all of those awesome conversations before the decision has to be made so that you're not sitting at the florist and going, but I want this, but I want this, but that. You have all of, uh, those decisions and they're on a board, so you can bring your board with you to, uh, wherever you're going. And so it's more about the feeling of the wedding and who do you want to be involved. Anyways, it's just lovely. I guess what you can hear from this is that communication is a really big, important priority for me. And this is something that I really believe is something that the vision board helps facilitate for couples, whether it be pre marriage or 25 years, in that a vision can support that communication, which then, um, supports the creation of goals, which then helps them live their best life together.

Speaker A: Well, I think whenever you talk about a, uh, wedding, I think that's something that everybody can relate to, that planning of the wedding. And we all come in, one person here, one person there, and we have our own ideals. We got to bring them together. And it's a first place where you have to be able to communicate and tell what is most important to you. Keyword most important to you. Everything's not really that important, but sometimes we come in with that idea that everything I want is important. And it is, uh, a, uh, first place of really communicating and talking about what your vision is and your spouse's vision, deciding what you really want and then what's most important, like, okay, well, this is not so important, so this is important to you, so I'll let you do that. I happen to be married to an easy going man who, um, uh, I don't want to sound selfish, but he's always about me, but he's like that with everybody, so he's always about the other person, and so he's super easy to live with. And so I had to learn, first of all, to tell him, like, if I saw a beautiful ring, a jewelry, that was gorgeous. In fact, we have some friends, uh, that we've traveled with. And, um, uh, my friend would always be like, because her husband was about the money, and mine, uh, would always be like, oh, you want that? I had to learn really early on to go, oh, wow, that's so pretty. Oh, I do not have to have that. I do not have to have that. Uh, I'm very money conscious, so don't have to have that. Um, but he would do whatever I wanted him to do. So I had to be the no person. I had to be the person that said no. And my doorbell is ringing and they're leaving. Okay, well, that's in there. It happens when you're working at home. Um, so anyway, he was the easy going person who always said yes. So I had to learn this. I had to learn that when he did say something and when he did say something that was important to him, I had to listen, and that was very helpful. And I would have to ask myself and know that that wasn't so important to me, whatever it was. And so I would have to listen because he didn't say much. So when he did say anything, I wanted to make sure that I listened. So here are the couple. Let's stay on the marriage thing because that works.

So they're getting married, and so now they're talking about what they really want to have, um, and deciding what's most important, and they're creating that vision of what they want for their marriage. But often that stops after they've gotten married. It's like a destination. They got there and they stop and they don't go any further. So that is really where a vision board, when you talk about marriage, comes into play. And, um, what are some things that couples kind of need to look at after they've gotten married?

Speaker B: Yes. Can I give you, um, and whoever's listening a little, um, exercise that they could do? Yeah. Is that okay?

Speaker A: Wonderful.

Speaker B: Yeah, give a little freebie.

The most important thing is the word. And so this exercise can be applied to a full year

Speaker A: Okay.

Speaker B: Because this is making me think about, I did a vendor show for a bridal vendor show, and, uh, my daughter actually had the booth, and she's like, mom, do you want to come in and share the booth? And I was like, how am I going to do vision boards? And I thought, aha, I can do my little mini vision board. So I'll just hold it up so that you can see this, Connie. Um, so little mini vision board. And it's based around a single word. And so what I did was I had a, ah, higher table set up, and the brides and bridesmaids would come in, but really I was focused on the bride, and she would get a little file card. So anyone at Home, you can do this. You just need a little file card, something like a recipe card, something you get at the dollar store, or a back of an old greeting card. And then, um, if you want, you can have some markers and stickers and images, but you don't need that. The most important thing is the word. And so what I challenged the bride to think about was, how do you want to feel on your wedding day when you open your eyes in the morning, how do you want to feel? And how do you want that feeling? Like that feeling to last all day long, is it calm? Is it peace? Is it loved? Is it joy? Is it anticipation? What's one word that can summarize how you want that day? And it was beautiful. And this same exercise can be applied to a full year. And so for anyone that's listening, we're just coming into a new year. And I do this practice every year. I choose a power word. And in my background with early years, what we would strive for children to be able to do, and I think a lot of adults need this as well, is to self regulate.

Speaker A: Oh, yeah.

Speaker B: If you're a thermometer, you're not too hot, you're not too cold, you're just goldilocks. Right? And this word supports you to self regulate. So that, let's go back to the bride idea. So if she chose her word as joy, and all of a sudden she wakes up in the morning like my daughter did, and it is pouring rain. Like, I mean, you have a choice. Mhm. I can't control the rain. Do I choose to be stressed? Do I choose to be unhappy? Or do I choose joy? I choose joy. And so this is where this word can support you. So my word is anticipation. So I'm in a continual state of anticipation. My word has been generous. It's been kindness. And so when I would not feel kind and I would be stressed out, worried about something, I would bring myself back up to say, what's the highest version of me? This is kindness. Last year, my word was poor. Pour out. So the idea was generous. So pour into. I, uh, am poured into and I pour out. It's just about this exchange, this flow of energy. And so it was idea of generosity. And so this is what I would give to the listener is what is a word that. There's a couple of qualifications. A feels joyful. So it's not to discipline you. So it's not a word like, oh, I must. Actually, I had someone say her word was discipline. And I said, that's more of a how. Yeah, and even the word discipline, but it's more of a how. If it's a reminder, then it's not your word. It's the word beyond that. So I said to her, for example, I said, so once you're disciplined, then what? Oh, well, then I feel peace, freedom. Okay, there we go. There's your word. So it's beyond that. So it feels that, uh, joyful. It also feels you're inspired. So you want to feel inspired, but not just inspired, like, oh, that's nice. And then it's fleeting, but that you're inspired into action. So that this word supports you to be in action. And the last is that it makes you feel safe and I feel safety, as in you feel supported. That, you know, in all things that you are supported and you're going to notice the word. It's like law of attraction. Once you focus on something, you're going to see it everywhere. So that word is going to start popping up all over the place and you'll be like, uh, there's my word. Oh, there's my word. So that's what I would recommend for couples. But anyone that's listening, I was going.

Speaker A: To say, like, when you get a new car, I bought a blue, really pretty blue car and now I see blue cars everywhere. Or that certain make of a car, you didn't notice it before and you keep seeing it everywhere. Well, you know what? Um, in my Mary Kay business, and we're getting towards the end, but in my Mary Kay business that I did for like, over 30 years, they taught us to see where we wanted to be because so often we see where we're at and we're not happy with it. And that happens in marriages where we see where we're at. We're experiencing frustration every day and we get stuck there and we're not able to unless we do it on purpose. So follow what Debbie has told you right there and create that vision and have that word. Because all I could see whenever you said it was going to rain on, uh, her wedding day, bridezilla. We see that a lot these days and we just turn into crazy women and, um, we can decide what we want to be.

Deborah Durham: Creating a vision for your marriage can make a difference

But what I actually wanted to share, I get distracted easily. Um, what I actually wanted to share was, uh, my daughter was pregnant, uh, with her second child, uh, some years ago, four years ago, actually, and she had a little boy. And don't we do that where we have one sex or the other and we would like to have the other. We'd like to have one of each. Some people want all one, um, sex. But anyway, she had wanted a little girl. And so I, um, was doing a type of vision board, my goals board for the year in January, like we are here now. And, um, on that board I found this precious little chubby girl picture. She was about two years old. It was kind of an old fashioned picture and it was so cute. And I put it on my vision board and, um, I said a prayer for her to have a girl. But we get whatever we get sometimes. But, uh, she had the cutest little girl. She's four years old now. And, um, just the other day, I cleaned up that vision board. I could hardly throw it away because of that sweetness on that. So creating that vision that we want and choosing our emotions and choosing how we communicate with each know, really make a difference. And let's be real. When you have a vision, you have a purpose and you have a direction, and we're just happier as people. If we have nowhere we're going, then we're frustrated with that. So, Debbie, take us out today and, uh, share where our viewers can, uh, find you and give us the last word.

Speaker B: Sure. So, uh, you can find me on my website, which is my name, Debbie. D-E-B-B-I. Sluice sluys.com, or dare number two, declare. So everything's there. My schedule, um, my calendar, if you want to have a conversation, links, uh, to my social media. Everything there is on my website. And I would say for the last word that creating a beautiful vision together as a couple, it's something that you want to do over and over. As you continue to grow in your marriage, as you continue to change, um, as your children are perhaps teens, or again, if you don't have children but you're aging yourself or you have aging parents, your life continues to change. And so the vision isn't the end game, but the goal posts keep moving. And so you're going to want to recreate that on an annual basis. Uh, and it's not like you're going to put the token partner on your vision board. So if you're creating it by yourself and not as a couple, um, but rather, what is your vision for that marriage? What do you want it to look and feel like? So I have a lot of images in my magazine that are of couples dancing. And it's not so much literal dancing, but more of the feeling of the freedom of intimacy, of companionship, of fun, um, those kinds of feelings. And so having images like that that represent what it is that you desire for your marriage is such a beautiful focus. And, uh, have that visible, um, where you can see it, whether it be in your closet or by your workspace, but somewhere where you can visibly see it every day and focus on that.

Speaker A: That's right. Putting it up in front of you where you see it. Um, you can even make copies sometimes and, um, put it in different places that you see. Oh, uh, that's awesome. Well, thank you, Debbie, for that. And I hope some of our people will hook up with you and, uh, create that vision for marriage. And, uh, I thank you for being with us today.

Speaker B: Thank you so much. It was so much fun.

Speaker A: If you've been encouraged today, please hit subscribe and help me spread the word. By sharing with your friends. You'll find show notes and how you can connect with today's

guest@theextraordinarymarriage.com. Get ready to uncover the best kept secrets of happy, healthy marriages and gain the power of understanding how you and your spouse think, act, and respond differently. Learn more about the unique communication secrets for marriage@theextraordinarymarriage.com. This is your host, Connie Durham, and I'll see you next week.