

# Blue Day Conversation Guide

<https://timandolive.com/blue-days>

Below are 8 topics we cover in our Blue Day conversations. We generally start with 30-45 min of individual silent reflection, prayer, and journaling before coming together. We always begin with Big Picture/Calling and finish with Finances. In between, we will cover the topics in no particular order.

## 1) The Big Picture/Calling

This includes our life goals as individuals and as a couple. What do we feel called to do in our lives? Is there anything new we have discovered about ourselves? What are our 5, 10 or 20-year dreams and goals? Also included are our personal mission statements as well as our mission statement as a couple and family. We also use this time to review our wedding vows to remind us of what we want our marriage to be about.

## 2) Marriage & Family

This block of time is used to assess where our relationship is at as husband and wife, as well as our relationships with our children and extended family (parents, siblings, nieces and nephews). How is our marriage doing? How are our date nights? How is our sex life? Is there any unresolved conflict we need to talk about between us or with our kids? Is there anything we want to change or improve? What are we going to do to continue building our relationships with each other (e.g., Is there a book we want to read or a marriage conference to attend? Etc.) and with our extended family (e.g. Are we happy with the frequency of communication/visits with our parents and siblings and their families)? Before we had kids, we talked about whether we hoped to have children, and if so, how many.

## 3) Friends

For this category, we divide it into people who are friends to both of us, as well as individual close friendships for each of us. We want to be intentional about spending time with people who can encourage us to keep growing. We ask ourselves: Who are our current close friends? Who do we want to spend more time with? When do we want to see them? Who would we rather spend less time with?

## 4) Faith Community

Here we address our involvement in a faith community. Initially, we were simply looking for a church to attend. Eventually, we started volunteering to lead a group. Our church also offered several service times, so we discussed which service we wanted to regularly participate in. Questions to ask include: How do we want to serve at this church? Which relationships do we want to develop here and how do we want to invest in them? Do we want to change the way(s) we are involved (e.g., join the choir, take a course, or cut back on something else)?

## 5) Work

Here we talk about our careers. Are we living out what we believe we are made for and called to do? Are there any major conferences, deadlines, etc. that the other person needs to be aware of? Are we satisfied with how many hours of work we are putting in per week? What are our next steps for developing our careers (training, education, new job, etc.)?

## 6) Health

This includes all spheres of health: physical, emotional, spiritual and mental. It also includes rest, leisure activities and vacation. How have we been feeling? Are there certain checkups we need to make appointments for? Do we have a place to keep track of our health? Any exercise goals? Do any of us feel a need to see a counselor? What books do we want to read to help us grow? What is currently working well for us (e.g., Olive wants to continue meeting with a Spiritual Director every month) and what needs changing? Are we getting enough rest? What do we want to do for vacation this year? How do we want to spend our vacation days? Where do we want to travel to and

with whom? Are we being consistent about keeping one day a week that is purely about recharging and enjoying God, each other and life? Are there any significant milestones we want to celebrate and how shall we celebrate them? Are there new fun activities we want to try?

## **7) Life Infrastructure**

Anything related to our home or car goes here. Questions include: Is there anything that needs fixing (e.g., the window seals are broken)? Is there anything that needs to be thrown away (e.g., old laptops)? Do we need to make any purchases (e.g., a new lamp for the living room)? Are we hoping to move to a bigger home? If so, when? How is the condition of our car?

## **8) Finances**

Usually, we look at this topic last because our finances support everything else that we do. We want to spend our money on the things that we value in life so establishing a budget is part of this. In the first year of marriage, we needed to merge bank accounts and set up credit cards with both our names. Questions to look at here include: Is our budget realistic and is there anything we need to adjust? Are there areas we are spending more/less than budgeted? What organizations or charities do we want to give to and how much? Are we saving enough money? Are there any large purchases we need to discuss? Are we living within our means and being the best stewards of the finances we have been given?