

TRANSFORM YOUR MARRIAGE:

Embrace a Winning Mindset



Objective

Identify your current mindset in your intercultural marriage and take practical steps to transform it into a winning mindset.

Step 1

Self-reflecting your current mindset

Instructions: Reflect on your thoughts and behaviours in your marriage.

The following questions will help you do that. Answer them honestly.

- Do I often avoid conflict to maintain peace?
- Am I focused on just keeping the relationship stable rather than thriving?
- Do I fear taking risks that might strain the relationship?
- Do I suppress my own needs and desires to avoid disagreements?
- Do I find myself simply maintaining the status quo instead of seeking growth?

Scoring:

- If you answered "Yes" to most of these questions, you likely have a "Playing Not to Lose" mindset.
- If you answered "No" to most of these questions, you likely have a "Playing to Win" mindset.

Step 2

Identify the core issues

Instructions: Based on your self-reflection, identify the core issues that contribute to your current mindset. Use the table below to list them. Use a separate piece of paper if you need more space.

Core Issue	Impact on Marriage	Desired Change

Step 3

Setting Transformational Goals

Instructions: Set 3-5 specific goals to transform or improve your mindset. Make sure these goals are SMART (Specific, Measurable, Achievable, Relevant, Time-bound). Write them down on a piece of paper or type them out.

Example goals:

- Goal 1: Engage in open and honest communication with my partner at least three times a week.
- Goal 2: Address conflicts directly and constructively within 24 hours of an issue arising.
- Goal 3: Take one risk each month to introduce a new activity or discussion topic that promotes growth in our relationship.
- Goal 4: Prioritize and express my own needs and desires during our weekly check-ins.

Step 4

Action Plan for Transformation

Instructions: For each goal, create an action plan detailing the steps you will take to achieve it. Write down your own action plan. I have examples below as a guides.

Example action plan:

- Goal 1: Engage in open and honest communication
- Step 1: Schedule 15-minute check-ins every Monday, Wednesday, and Friday.
- Step 2: Use active listening techniques during check-ins.
- Step 3: Share one positive and one challenging experience from the day.
- Goal 2: Address conflicts directly
- Step 1: Recognize when a conflict arises and note it down.
- Step 2: Set a time with my partner to discuss the conflict within 24 hours.
- Step 3: Use “I” statements to express feelings and avoid blaming language.

Step 5

Monitoring Progress

Instructions: Use the table below to track your progress toward each goal on a weekly basis. Note successes, challenges, and adjustments needed.

Goal	Weekly Progress	Successes	Challenges	Adjustments Needed

Step 6

Reflection and Adjustment

Instructions: At the end of each month, reflect on your progress. Use the following questions to guide your reflection:

- What progress have I made toward my goals?
- What challenges have I faced, and how did I overcome them?
- What changes do I need to make to my action plans?
- How has my mindset shifted towards a winning mindset?

Step 7

Celebrating Successes

Instructions: Celebrate your successes, no matter how small. Acknowledge your efforts and the progress you've made. Use the following ideas to celebrate:

- Have a special date night.
- Write a note of appreciation to your partner and yourself.
- Reflect together on your journey and express gratitude for each other's efforts.

Conclusion

This worksheet is a guide that helps you change your mindset into a winning one. This worksheet will not change you. What brings about the change is the work, effort, consistency, and dedication that you put into this process. This is a process that may take some time.

This worksheet gives you a better chance at succeeding in attaining a winning mindset in your intercultural marriage. By following this worksheet, you can determine your current mindset in your intercultural marriage and take practical steps to transform it towards a winning mindset. Regular reflection and adjustments will help you maintain progress and build a strong, flourishing relationship.