

## YOU'RE A WANTED COUPLE

If you've wondered how you might make an impact on our community, we ask you to prayerfully consider the possibility of becoming Marriage Mentors.

**Why do we need Marriage Mentors?** *We have found that when a trained and caring couple comes alongside a struggling couple it is one of the most effective means of providing help.*

**What exactly are marriage mentors?** *Couples who have gone through the ups and downs of marriage and have survived. They care about helping others and passing on what they've learned. They are not perfect, they are willing.*

**What are the expectations of marriage mentors?**

1. Recommendation from your church
2. Willingness to work as a couple
3. Married at least five years
4. Agreement to four basic commitments
  - o commit to keep your marriage healthy
  - o commit to work with a couple
  - o commit to a skill-based initial training
  - o commit to ongoing marriage education

**How do I get trained to be a Marriage Mentor?** *There will be a one day training on March 31<sup>st</sup> sponsored by Northwest Family Services. This is a great place to start.*

**Are there various levels of trainings?** *There are five levels:*

**Level One: Facilitators** *Has experienced "Art of Marriage", "Laugh Your Way to a Better Marriage", or other video event and are small group facilitators of similar programs.*

**Level Two: Encouragers** *Trained in Prepare/Enrich, Marriage Mentoring or some other advanced training.*

**Level Three: Coaches** *Trained by Marriage Team (see [Marriageteam.org](http://Marriageteam.org))*

**Level Four: Intern Counselor** *In a counseling program at George Fox University, Multnomah University, Western Seminary or other programs.*

**Level Five: Professional Counselor** *Has a MA, Ph.D. or Psy.D in Counseling, Social Work or Psychology.*

**Learn further details at [www.everymarriagematters.org](http://www.everymarriagematters.org)**

## 7 Goals to Set Today To Make 2012 the Best Year of Your Life

If there is any one action (besides prayer) responsible for success in life, it would be Goal Setting.

By setting goals you'll be motivated, focused and accountable in a way that just isn't possible without a plan.

"What you get by achieving your goals is not as important as what you become by achieving your goals." – Zig Ziglar

**Don't wait until January 1st.** Decide now what 2012 will bring for you by writing down the success you want in seven key areas of your life:

- **Physical** – health, appearance, exercise
- **Spiritual** – church involvement, personal commitment, theological understanding
- **Financial** – income, investments, debts
- **Personal Development** – knowledge, education, self-improvement
- **Family** – relationships, development of children, your lifestyle
- **Social** – friends, community involvement
- **Career** – ambitions, fulfillment, dreams

**A strategy for success:** It involves simply carrying a piece of paper with you, and it takes about 3 minutes each day, but the results are powerful.

Check out [www.fitmarriage.com/motivation/easiest-way-to-improve-your-fitness](http://www.fitmarriage.com/motivation/easiest-way-to-improve-your-fitness) for details and get started with this cool strategy.

From [www.engagedmarriage.com](http://www.engagedmarriage.com), check it out.