

How to Have More Sex & Better Intimacy in Your Marriage



What's Coming Up?

- ✓ Introductions
- ✓ Five key actions you can take to have more sex & better intimacy in your marriage
- ✓ Your “homework”
- ✓ Question & answer time

Nice to Meet You!



Dustin

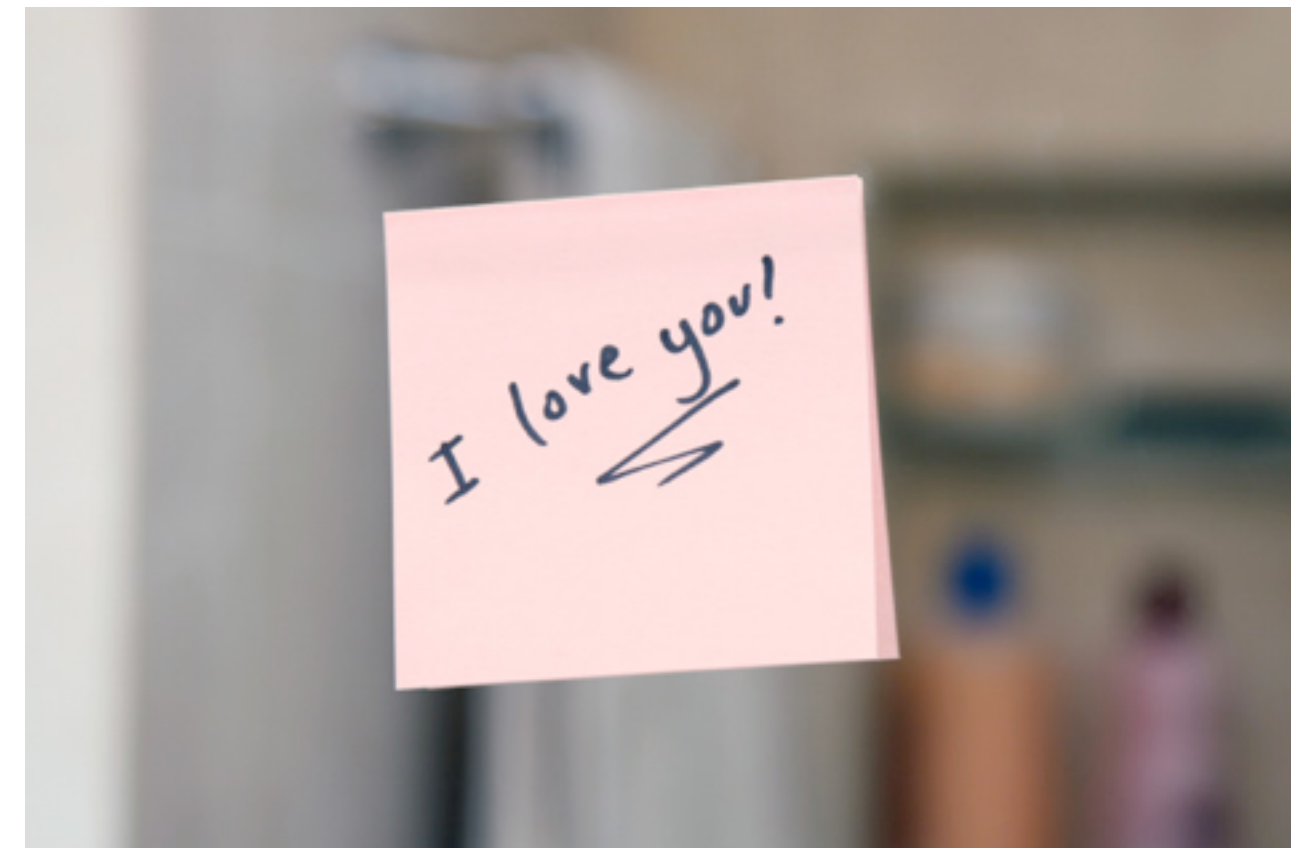


Alisa



How to Romance Your Spouse Throughout the Day in Anticipation of Sex at Night

- ➔ Text this to your spouse
- ➔ Leave notes in a briefcase or lunchbox
- ➔ Phone calls
- ➔ Small Acts of Service



What It Means to Take the Lead Inside the Bedroom

- ➔ In many relationships, one spouse is the pursuer & one is the pursued all the time
- ➔ Initiating sex creates feelings of being desired & valued
- ➔ Taking the lead looks different for everyone, so you need to discuss what it looks like for you



How to Deal with Low Sex Drive in Your Marriage

- ➔ Every marriage has a high desire spouse & a low desire spouse
- ➔ Need to take off the masks about possible causes (health, work stress, financial issues)
- ➔ Ask the question: How frequently would you like to have sex?



How to Think Outside of the Bedroom for Sex

- ➔ Change of Scenery brings excitement
- ➔ Break up the routine
- ➔ How to help your spouse “warm up” to the idea



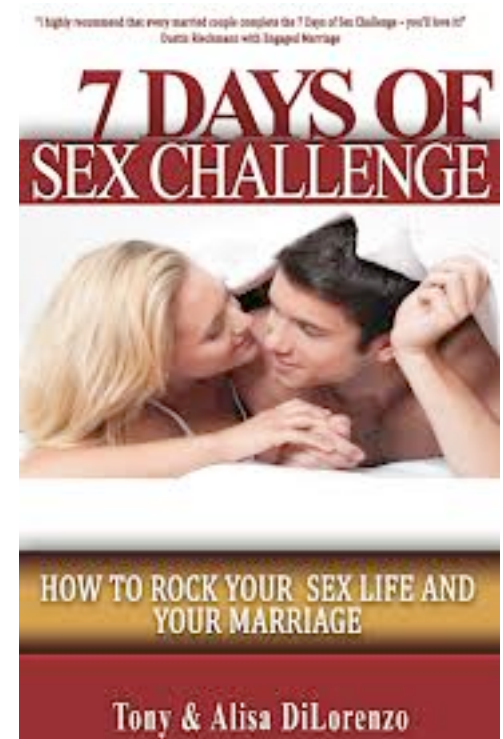
How to Schedule Sex & Keep Your Love Life Spontaneous



- ➡ The Intimacy Lifestyle
- ➡ Make this holy gift a priority
- ➡ You wouldn't break an appointment with a friend, colleague or doctor - don't do it with your spouse

Your Action Items

1. Watch this presentation with your spouse and have a talk
2. Follow the guidance in *The 7 Days of Sex Challenge*
3. Enjoy new levels of intimacy with your spouse!



Q&A

- ✓ We'll start with the questions submitted ahead of time.
- ✓ If you're on the webcast, you can type in your questions.
- ✓ If you're on the phone, press *2 on your keypad to "raise your hand" and I'll unmute your line.

Contact Alisa

- ✓ www.OneExtraordinaryMarriage.com
- ✓ AskAlisa@OneExtraordinaryMarriage.com
- ✓ Free 20-Minute Coaching Session

