

20 Things I Wish I Knew Before Saying, "I Do."

Wife Wisdom Podcast with Christy Little Jones



by Christy Little Jones

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1. **KNOW YOUR IDENTITY** – who are you? So many women think that men want them to be and act a certain way. No! Men are attracted to you for YOU! Your personality, your swag and your quirky ways! Don't change who you are in order to try to WIN anyone over. If they don't love you for you, they are not meant for you! Keep it moving, sister!
2. **BE COMFORTABLE AND CONFIDENT!** Be comfortable and confident in your skin. This is a **BIG DEAL FOR MEN!!!** Most men, regardless of age or race, **LOVE A CONFIDENT WOMAN!!!** Confidence is not to be confused with arrogance, boushie-ness or entitlement!
3. **CELEBRATE YOUR SPARKLE!** Know what you're good at and be proud of it. Never shy away from what you are good at. Stand in your power and own your gift! When you celebrate YOU, others will too!
4. **STAY IN YOUR LANE.** You don't have to know everything...and that's OK. Often times, women feel this unspoken pressure to "know it all!" No one expects you to know everything, especially your beau. You don't have to pretend to be "perfect!" In fact, when he knows you're not perfect, it creates more emotional intimacy in the relationship because then HE doesn't have to be perfect!
5. **GOT CONTROL ISSUES?** Learn to stop controlling everything and everyone. A man likes to be a man...so let him.
6. **YOU ATTRACT WHO YOU ARE** Write a list of what your non-negotiables are in your man! Can you put a check mark by all of the things on your list if they were applied to YOU? I want a man who is smart, in shape, health conscious, financially stable, has a good job, loves family...is that you?
7. **BE HONEST ABOUT YOUR DEBT! DEBT CAN END A MARRIAGE FAST!!!!** Marriage is already a challenge, DO NOT go into marriage with unnecessary financial stressors. Get a handle on your debt and have a plan to get rid of your debt, find another job, or create additional income, if you need to pay off all debt before saying, "I do!"



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8. **INCREASE YOUR FUN FACTOR** – Men like women they LIKE being around! If you are someone who catches an attitude very easily over the littlest things...then you need to work on this! When you get mad, upset or offended, does EVERYONE around you know that something is wrong because of your attitude? If so, you need to up your fun factor FAST! Learn to KEEP IT LIGHT!! It's not all about you, sis!

9. **GET YOUR EMOTIONS IN CHECK!** Men run away as fast as possible from women who are emotional ticking time bombs! Men like knowing WHO they are going to get on a consistent basis. If you are all over the place with your emotions, all the time, I'm sorry to break the news to you sister, but you need to work on your behavior and actions ASAP or singlehood may become permanent! No one wants to be around the emotional drama...it screams, "I AM UNSTABLE!!!!!"

10. **BECOME A SAFE PLACE** – Men go out to work and conquer every day! When they come home, they want to come home to peace, love, and a safe place. Are you a safe place for your family and friends? Are you a good listener? Can you listen without interrupting? Or do you talk too much and need to be heard all the time? When you learn what that safe place looks like to your man, and become that safe place without judgement, watch how he will become vulnerable and open up emotionally. Whoo Hoo!

11. **PRACTICE SERVING OTHERS** – When you get married, you are going to have to do things every day that you DO NOT FEEL like doing! You are going to have to learn how to become UNSELFISH!!! The best way to learn unselfishness is to serve, serve, serve! Who can you give to today! This must become something genuine or else you will have a hard time sustaining the sacrificial nature of marriage.

12. **EXAMINE YOUR HEART** – Are you a selfish person? Do you always want your way? Are you passive aggressive? Do you manipulate others by pulling your love away if you don't get what you want? Do you argue until your point is made or until you "win." Do you always need to be right? If so, you have some heart work that needs to be done before even thinking about getting married!



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13. **PRACTICE FORGIVENESS** – Forgiving someone who has hurt or offended you is one of the hardest things to do, because most people think that they will “feel” like forgiving. You will never “feel” like forgiving someone who hurt you! Forgiveness is a decision! Forgiveness is a gift you have give to the person who caused the offense. True forgiveness doesn’t need to punish the offender. Check your heart! Mastering the art of forgiveness is A MUST BEFORE MARRIAGE!!!

14. **LEARN ACCEPTANCE** – I promise you, your spouse will NOT live up to everything you expect! They will offend you, get on your nerves and even make you question why you said, “I do!” LOL. But just know that there is NO PERFECT SPOUSE out there except in the movies! haha Practice accepting the little things they do now that may get on your nerves by shifting your perception of their little annoyances and learn to celebrate them! God makes no mistakes! Learn to allow your spouse to be who God created him to be. WARNING: THIS MAY TAKE YEARS OF PRACTICE!! LOL KEEP PRACTICING!!!

15. **BECOME A PROFESSIONAL INTERVIEWER** – Yes! It’s true, most people like talking about themselves! But more importantly, people love being around people who really care about them!! So when you show a genuine interest for getting to know someone, watch their light turn on! Be careful that you don’t just ask questions to check off the boxes, but that you really are present, pay attention, listen well, engage and respond to their answers! If you “check out,” during the conversation, he will know you aren’t really interested and that may be your last date!

16. **BE PRESENT AND LISTEN WELL** – In today’s society, we compete with so much noise. Discipline yourself to BE PRESENT! Pay attention to what people are sharing. They are sharing things they find important with you because they value you. It’s very rude to be on your phone or watching tv or scrolling Facebook while someone is pouring their heart out! It screams, “I REALLY DON’T CARE!” Become more aware of how you interact with the people you care about!



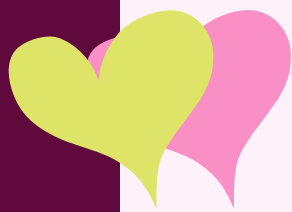
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17. **CREATE TRUST AND CONFIDENCE** – When creating a safe place for people to trust you, you, it's important to become vulnerable and transparent with them! When you do this, you are letting the person know that **YOU TRUST THEM** with your heart, which creates the space for them to trust you in return. This safe place breeds confidence in your relationship! Being transparent and vulnerable can be a challenge if you have a hard time trusting others, but keep practicing by sharing small things that matter to you and watch how they respond. This is a key relationship skill to practice developing if your desire is to be a wife and mother! #cultivatingtheheartofawife

18. **PROTECT HIS REPUTATION** – they say, “loose lips sink ships!” Don't share details about your relationship with your friends and family. When you are upset, angry or “done” with your man, be sure not to air your feelings and emotional tirades with the world! Because once you calm down, your emotions stabilize and you kiss and make-up, the people that you have “aired your dirty laundry to” are still on the emotional rollercoaster ride and have a harder time forgiving the offense, not to mention, they may start looking at you like you're crazy! LOL This can be a serious situation in marriage, so get your lips in check **BEFORE** you say, “I do.”

19. **KEEP THE RELATIONSHIP FRESH!** – don't allow the routine of life turn your relationship **BORING!** Keep switching things up every now and then. Incorporate some of the activities that you used to do when you first started dating and always keep your relationship fun!! Your future self will thank you for the intentional investment!

20. **UNDERSTAND SHARED VALUES & CELEBRATE DIFFERENCES** – I know it gets on your nerves when your man does certain things! But, it's part of the package that you absolutely adore! Stop focusing on his annoying habits and behaviors and focus more on the things that you **LOVE** about him. Spend time talking about your shared values, goals and dreams, identify and celebrate your differences and thank God for the balance He brought to your relationship! LOL



20 MUST DO'S PERSONAL ACTION STEPS

READY TO TAKE ACTION? GRAB A JOURNAL & PEN

IDENTITY #1. What is the **REAL TRUTH** about who you are and what is **REALLY** important to you?

CONFIDENCE #2. Are you comfortable in your skin? Do you believe you are confident in who **YOU** are? Why or Why Not?

CELEBRATE #3. What are you **REALLY GOOD** at? What comes naturally to you? What are you really confident in because you know **THIS IS YOUR LANE!**? List them and don't be modest! Toot Your Own Horn, Sis! Ready...? Go!

MY LANE #4. What things feel like a **CHORE** to you? If you could "outsource" something that you have to do to keep your life going, what would those things be? List them.

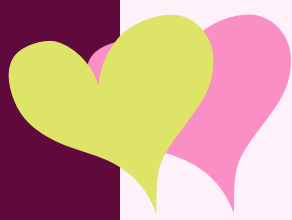
CONTROL #5. Are you a planner or can you just go with the flow? Do things need to be organized and in order or are you comfortable just seeing how the day unfolds? Write down your answers describing why you need to plan everything out or why going with the flow is more of your style.

VALUES #6. What values are you looking for in a relationship or marriage? What are the non-negotiables? List them.

DEBT #7. Do you have a handle on your debt? If not, it's time to get your head out of the sand and get a handle on it! First things first! Write down your monthly expenses, so that you can see the **BIG PICTURE** and know what steps you need to take to get rid of your debt before you say, "I do." [Resource: www.dominiquebroadway.com](http://www.dominiquebroadway.com)

FUN #8. What **TEN** things do you **LOVE** to do that are **FUN** & make you happy? List them.

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EMOTIONS #9. Are you an emotionally driven person? If YES, write down how you typically respond to situations that cause you to react emotionally. How can you react differently?

LISTENER #10. What THREE things can you do right now to become a BETTER LISTENER? Start implementing these steps right away!

SERVICE #11. How can you serve someone today? What need can you fill today? FILL IT!

HEART #12. Examine your heart. What's did you discover that you would like to change for the better? (Ex: jealousy, anger) What is the first step to getting better in this area?

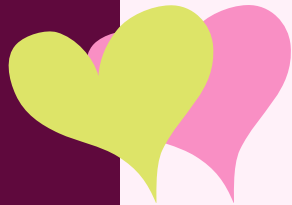
FORGIVENESS #13. Are you a forgive and forget kind of gal? Or are you someone who is quick to hold a grudge? Listen to the Wife Wisdom podcast Episode #4 (Love Like You've Never Been Hurt) to hear how to forgive after an offense. bit.ly/thewifewisdompodcast

ACCEPTANCE #14. In your journal, draw a line down the middle of the paper. Write a list of your expectations in marriage on one side and on the other side write down what you are going to do if they are not met. Managing expectations are KEY in any relationship. Keep practicing acceptance.

QUESTIONS #15. Practice asking clarifying questions in your relationships. These are questions that ask more of the details to what your loved one is sharing.

BE PRESENT #16. What can you do to be more present in your conversations with others. List them and act immediately!

TRUST #17. What action can you take to become more vulnerable and transparent in your conversations?



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PROTECT #18. How are you going to protect your man's reputation moving forward? Ex: Journal your emotions, pray...

FRESH #19. What **THREE** things can you do right now to bring more **FUN** and **EXCITEMENT** into your relationship? Start implementing these steps right away!

DIFFERENCES #20. How will you celebrate your significant other's differences today? Go celebrate!

START PREPARING TODAY!

Schedule a coaching discovery session with Christy

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