

MODULE 2 — AFFIRMATION

The Energy That Propels Him

STEP 1 — SELF-ASSESSMENT (complete before the module)

On a scale of 1–10, how consistently do I affirm, admire, and celebrate my husband — calling out the best in him rather than focusing on what he is not?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“Admiration is the energy that propels him along.”

“She speaks to the king in her man.”

STEP 2 — HIS VOICE (he answers in his own words)

What specific words of affirmation mean the most to you? What do I say — or not say — that either fuels or drains your confidence?

HIM	HER

STEP 3 — ACTION COMMITMENT (wife completes)

One specific, genuine affirmation I will speak to my husband this week — naming exactly what I see in him and why it matters:

STEP 4 — REFLECTION (honest, private, written)

Am I speaking to the king in my man, or to his failures? What is one quality of his that I have noticed but never named out loud?

AFTER THE MODULE — Alignment Check

What is the one thing I commit to doing differently in this area starting today?

Signed: _____ Date: _____