

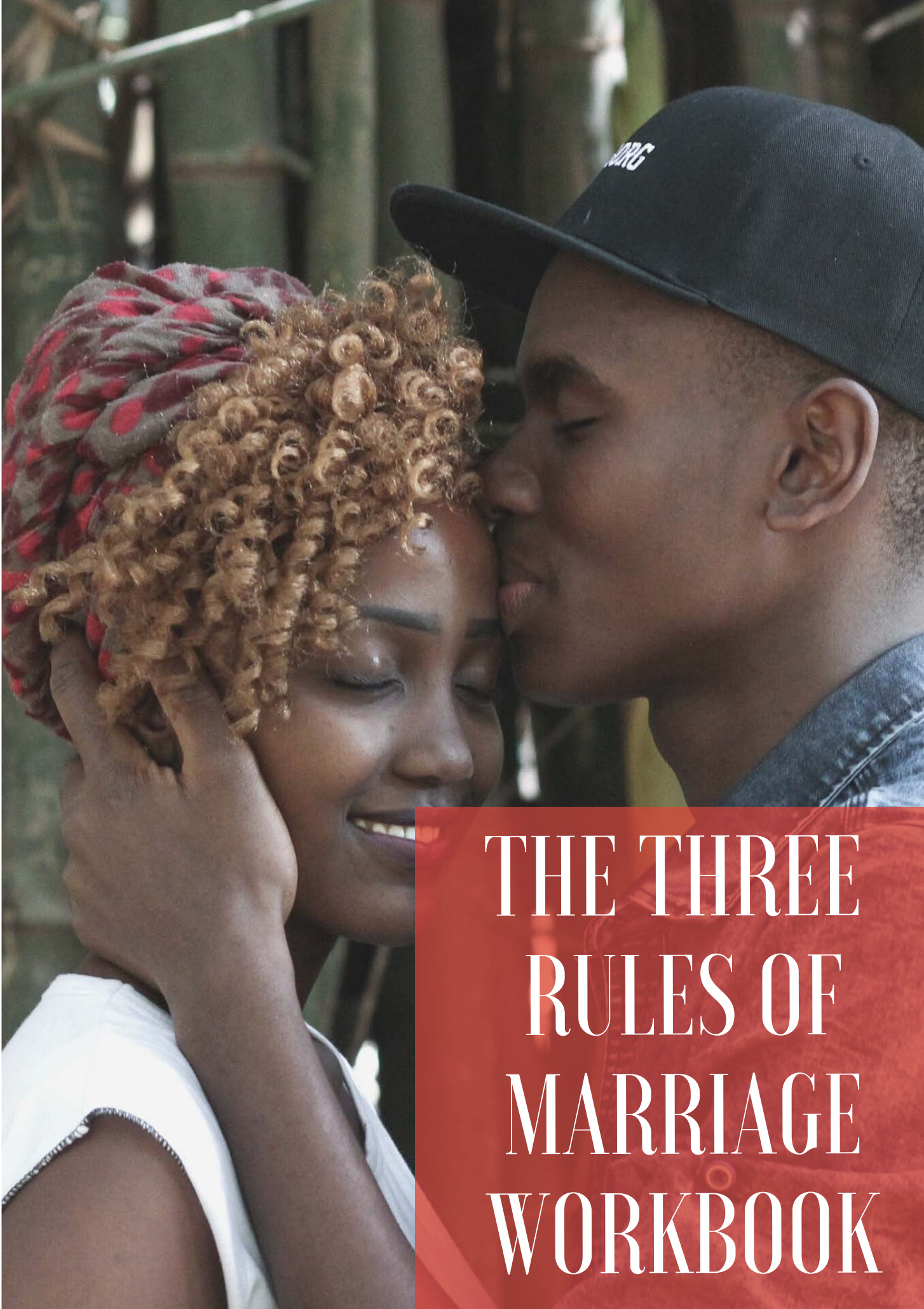
"The Three Rules of Marriage by Bill and Elena Carmody is sure to be the GO-TO book for successful unions for decades to come! I am now going to use this as a resource for my personal development training company and coaching practice."

—Francine K. Rahe, Master Transformational Trainer,
Coach, and Co-Founder of AMP Training


THE THREE RULES OF MARRIAGE



Bill & Elena Carmody



THE THREE
RULES OF
MARRIAGE
WORKBOOK



This is a workbook to accompany *The Three Rules of Marriage*, by Bill and Elena Carmody. Below you will find all of the exercises included in the book (and Audio Book), in one place for your convenience.



**"Love Is Composed of a
Single Soul Inhabiting
two bodies."**

Aristotle

WORKBOOK CREATED BY:

Bill Carmody

DOWNLOADED VIA:

ThreeRulesofMarriage.com

SINGLE / NOT IN A RELATIONSHIP

BOOK PAGE 34

I want to be in a relationship because...





SINGLE / NOT IN A RELATIONSHIP

BOOK PAGE 36

The person I want to attract into my life is...

It will be obvious to me that this is the person I've been looking for when I notice...



PLANNING MY ESCAPE

BOOK PAGE 40

When I began this relationship, I would...

The reason I stopped taking these actions and building romance into my relationship is because...



PLANNING MY ESCAPE

BOOK PAGE 41

If I'm being really honest with myself, the part I don't like to admit is...

Seeing all of this, I acknowledge I can rebuild our relationship by...



PLANNING MY ESCAPE

BOOK PAGE 41

The actions I'm willing to take are...

And I'm committed to taking these actions by... [date]



ACCEPTING

BOOK PAGE 46

The primary reason my partner / spouse and I are together is...

If I don't change anything in my relationship right now, the future I see for us is that we will...



ACCEPTING

BOOK PAGE 46

One thing I'd love to change in my relationship to make it even better would be...

If my partner and I were to separate, the thing I would miss the most would be...



ACCEPTING

BOOK PAGE 47

The reason I decided to get into this relationship in the first place was because...

Even when things got tough, I decided to stay in this relationship because...



HAPPY, JOYFUL & DESIRE MORE

BOOK PAGE 49

I am most happy in my relationship when...

I experience joy in my relationship when...



HAPPY, JOYFUL & DESIRE MORE

BOOK PAGE 49

I know my partner truly loves me because...

I experience joy and happiness from my partner when (s)he...

GRATITUDE ...

ONE THING I AM TRULY GRATEFUL FOR:

ANOTHER THING I AM GRATEFUL FOR:

I AM ALSO GRATEFUL FOR:





BLISSFULLY MARRIED

BOOK PAGE 56

What I love most about myself is...

The mask I wear the most is...

A close-up photograph of a man and a woman kissing in a grassy field. The man is leaning over the woman, and they are both smiling. The background is a soft-focus green field.

BLISSFULLY MARRIED

BOOK PAGE 56

For my partner to truly love me, warts and all, (s)he would need to know that I...



NOT KEEPING SCORE

BOOK PAGE 73

The top 5 things I would like to stop holding onto with my partner are:

1.

2.

3.

4.

5.

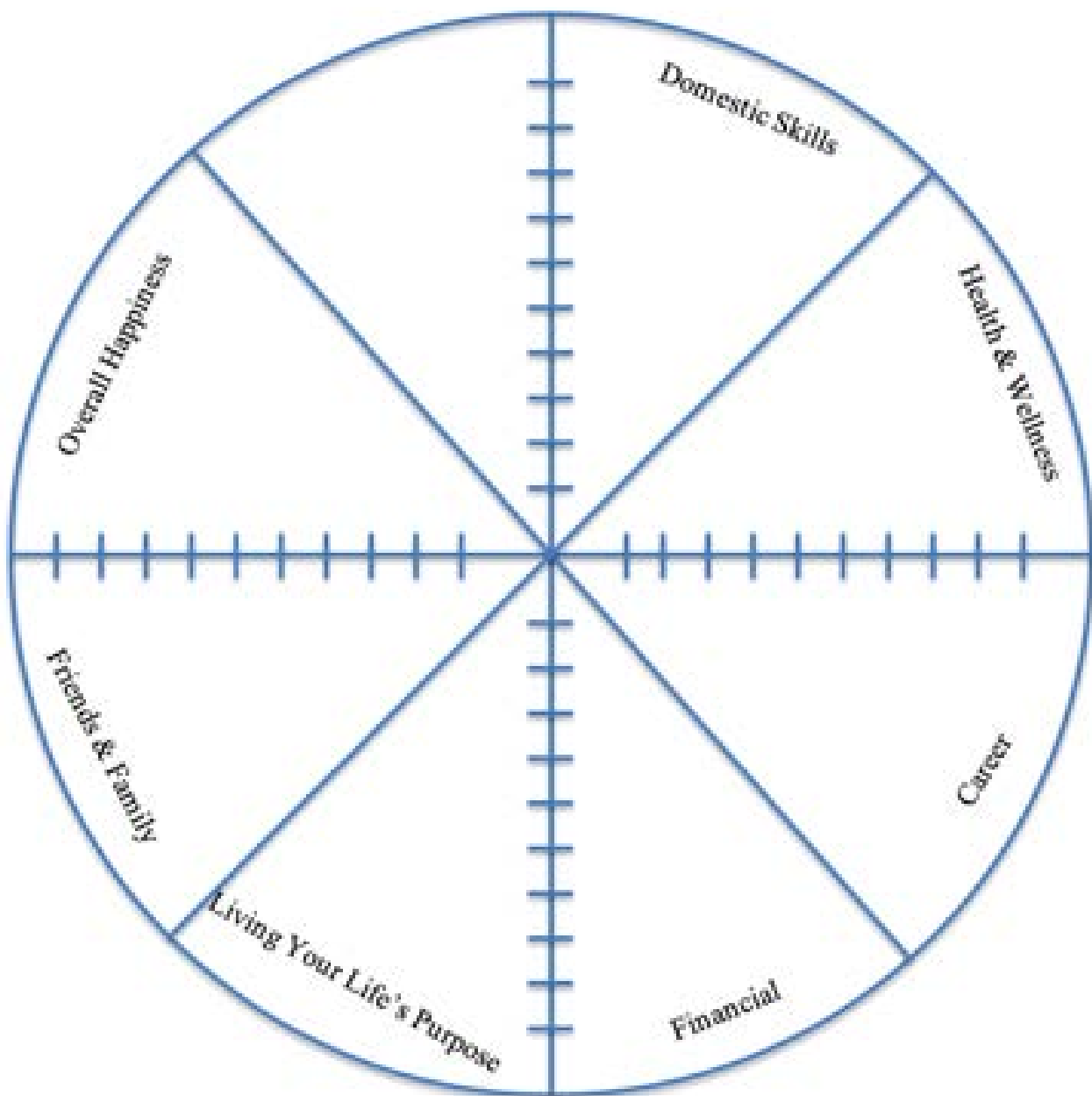




LIFE MASTERY WHEEL

BOOK PAGE 79

Mastery Wheel: In order to live your best life (or remain living one), let's do an honest self-assessment on where we are!





GRATEFUL FOR MY SPOUSE

BOOK PAGE 83

Five Things I appreciate about my spouse:

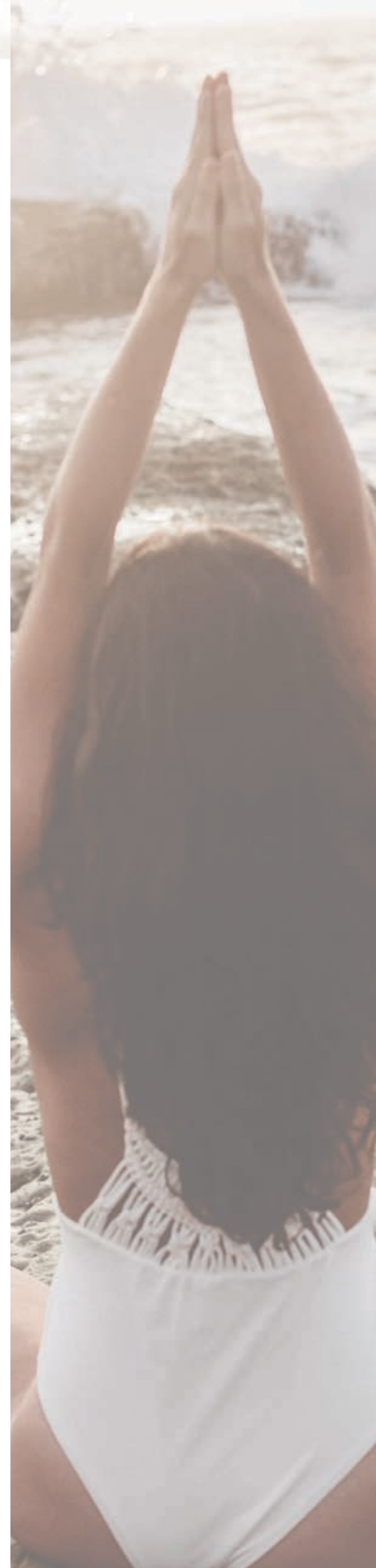
1.

2.

3.

4.

5.



BONUS CONTENT

What's opening up for me about my relationship is:



BONUS CONTENT

In order to have a blissful marriage, I am committed to...





GO DEEPER ...

You are invited to participate in upcoming events based on the contents of this book. For details and registration, please visit [ThreeRulesofMarriage.com](https://threerulesofmarriage.com). You can also request your FREE 1:1 coaching session via <https://threerulesofmarriage.com/contact>

ABOUT BILL CARMODY



Bill Carmody is a TEDx Storyteller, author and a Professional Certified Coach (PCC) with the International Coaching Federation (ICF).

When he is not supporting his clients and dear friends in their relationships and careers, he delivers powerful week-long trainings for marketing and media companies such as WPP and Publicis Media.

Bill founded two multi-million dollar award-winning marketing agencies, one when he first got married and the second after the birth of his second child.

As an international keynote speaker and former contributing writer for publications such as Inc and Forbes, Bill had the honor and privilege to interview celebrities such as Tony Robbins and Sir Richard Branson. Bill also had the distinct honor of supporting the public speaking training skills for members of the Brexit team.

If you would like to know more about him, please connect with Bill on LinkedIn or follow him on Twitter @BillCarmody. For your free 1-hour coaching session, go to <https://threerulesofmarriage.com/contact> for details.