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## What I have learned from 30 years of Marriage

*Sometimes you walk side by side, sometimes you carry each other and at moments you drag one another*

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### 15 Lessons from 30 Years of Marriage:

1. **The Power of Vision**

A strong marriage begins with a shared vision. For Kay and I write out our life vision together at the beginning of each year and then review it daily.

2. **Gratitude Changes the Game**

Being polite in marriage—saying “thank you,” “please,” and “can I help?”—transformed our relationship. Gratitude became an anchor for resilience and optimism.

3. **Patience Builds Strength**

Marriage taught me that growth takes time. The little wins stack up over years and decades.

4. **Communication is Everything**

Unspoken expectations kill progress. Clear, honest communication is the foundation of connection.

5. **Conflict Can Be Constructive**

Healthy arguments aren’t failures; they’re opportunities for growth. Friction often sparks the breakthroughs you need. Denial or even worse ambivalence slowly kills marriages.

6. **Adapt or Drift Apart**

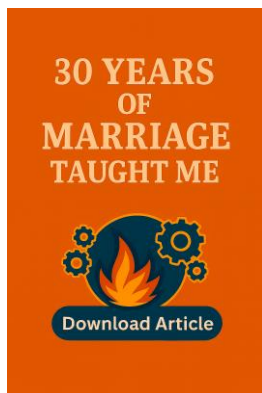
Over 30 years, we’ve changed businesses and roles. Adaptability is the only constant—you must evolve and grow together to stay aligned. Or grow apart and it is over.

7. **Discipline Sustains Love**

Choosing your spouse daily is discipline, not just romance. Consistency matters more than fleeting feelings.

8. **Forgiveness Frees Energy**

Holding grudges drains both people. Forgiveness clears space for growth and healing. Say sorry as soon as possible. In fact, text, call, or say it now.



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9. **Celebrate Milestones**

Anniversaries and milestones matter because they mark progress and remind you how far you've come—but the real magic is in celebrating each other's wins every day.

10. **Shared Values Outlast Emotions**

Attraction fluctuates, but shared values endure. They're the anchor when emotions waver.

11. **Humor is Survival**

Laughter defused countless fights. Humor keeps joy alive, even in the hardest seasons. We've been able to laugh during the hardest times of our lives. And often laughing at each other.

12. **Invest in Growth Together**

Marriage thrives when both partners are committed to learning and evolving—individually and together.

13. **Seasons of Sacrifice are Normal**

Sometimes one gives more than the other. It won't always feel balanced, but those seasons build resilience and partnership.

14. **Intentional Time Wins Over Quantity**

It's not how much time you spend but how intentionally you show up in the time you have. This is one where quality aligns with quantity.

15. **Love is a Choice, Not a Feeling**

Feelings rise and fall, but daily decisions to love, honor, and stay committed are what create lasting marriages. Fall in love with the process not just the wedding event.

## Ready to help your audience rise again?

Book Bill for your next event, retreat, training, or fun time and give your group the spark they need to reset, rebuild, and rise.

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