



## **Non-Negotiable Marriage Habits for Newlyweds**

### **What Are Non-Negotiables?**

I love non-negotiables. I teach about them, I write about them, I talk about them in my workshops—basically, they're my thing.

Non-negotiables are the things that happen *no matter what*. They're part of your day, no excuses, no "I'll do it tomorrow." Think about brushing your teeth or saying *Modeh Ani*. It's automatic, right? That's the vibe we're going for.

For example, in my home:

- No matter what, I don't go to bed with a disagreement.
- No matter what, we have a set weekly date night.
- No matter what, my kitchen gets cleaned before bed.
- No matter what, toilets get cleaned twice a day.

These are just *some* of the non-negotiables I live by. They're what keep my home (and sanity!) running smoothly.

### **Non-Negotiables Are for Everything**

Here's the best part: non-negotiables aren't just for marriage or home. They're for *every area* of your life—work, self-care, parenting, relationships, all of it. They're



the habits that make life easier and keep you focused on what really matters.

## **Non-Negotiables for Marriage**

Since we're talking about marriage, I want to share a few non-negotiables I've created for myself and my clients. You might want to consider some of these for your relationship too. These simple habits can make a *huge* difference in keeping things happy and connected:

- 1. No going to bed upset.**  
Ever. If you can't solve it by bedtime, agree to revisit it tomorrow when you're both rested.
- 2. Weekly date night.**  
Non-negotiable. No matter how busy life gets, carve out this time to reconnect and focus on each other.
- 3. Daily appreciation.**  
Say "thank you," "I love you," or just notice and acknowledge the little things your spouse does every single day.
- 4. Greet each other warmly.**  
When your husband comes home, put down your phone, stop what you're doing, and give him your full attention for those first moments.
- 5. A regular "check-in."**  
Once a week, sit down together and talk about what's working, what needs tweaking, and what's on each other's mind—no distractions allowed.
- 6. Daven or learn together.**  
Take time to ground your marriage spiritually.

# FRUM MINIMALISM

## 7. **Physical connection.**

Whether it's a hug, kiss, or just holding hands, make sure there's some form of physical affection every day when you are allowed to.

## 8. **Speak positively about each other.**

Always talk about your husband with respect and love, whether he's in the room or not.

## 9. **Tech-free time.**

Set aside at least 30 minutes to an hour each day to connect without phones, books, or other distractions.

## 10. **Be mindful of tone.**

Commit to speaking kindly, even during disagreements. Watch your tone—it's just as important as the words you use.

## 11. **Surprise each other.**

Leave a note, pick up his favorite snack, or plan a small surprise just because. These little gestures add warmth and fun to your marriage.

## **Build Your List**

Non-negotiables are personal—what works for one couple might not work for another. Take some time to sit down with your spouse and create your own list. Start small, be consistent, and watch how these habits bring you closer.

So, which non-negotiable will you start with today?

**Love,**

**Ellie**