



Our Best Sex Life in 2009

We, _____ and _____ commit to having sex once a week, even during times when we are both busy and stressed. By making this commitment, we know that we are helping to keep our relationship strong and our bond intimate. By keeping our sex life a priority, we know that our family and our home will be happier and healthier as a result.

We commit to making our bedroom our retreat from the world. In order to do so, we will remove the television from the bedroom or at least cover it with a blanket. We will keep our work papers and our laptops out of the bedroom. We will remove all the unnecessary clutter of parenthood, such as baby bottles and diaper bags. By making our bedroom a haven for sleep and for sex, we know that we will feel more sexual and relaxed.

Signature: _____ Date: _____

Signature: _____ Date: _____