

# JOURNEY TO US

## JTU HOMEWORK & QUIZZES

### AUDIENCE HOMEWORK

- **Discuss your "nourish" and "cherish" lists**  
Slide 21
- **Write your own "No Losers Policy"**  
Slide 92

### AUDIENCE QUIZZES

- **Take the "Self-Care Quiz" on page 29 of your workbook**  
Slide 61
- **Share your "bucket lists" and take turns listening**  
Slide 72

## PRESENTER NOTES

- Give your audience enough time to work through the quizzes and discussions ... but not so much time that it takes away from the flow of the event.
- Keep the mood positive. Your goal is to break down barriers to communication and encourage couples to share from the heart.