exercise

The Love List

One way to build team spirit in a new marriage—and pave the way for appreciating differences rather than feeling irritated or even betrayed by them later on—is to take an inventory of your strengths. Often, couples complement each other. Maybe you're good at organizing new projects but don't have the stamina to stick with it till the end, while your mate's better at the follow-through. Perhaps one of you is great with finances and all things mathematical, the other a whiz at planning social occasions and dates.

Spend 5 to 10 minutes sharing what you think your strengths are and what you think your partner's are; then it's your partner's turn. As you fill in the spaces below, remember that any positive quality you admire counts as a strength—from a beguiling laugh to warm feet in bed, from loyalty to courage to making a mean pot of chili. Then look for ways your strengths complement each other.

Her Strengths	**His Strengths**

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