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Building Healthy Relationships to Prevent Divorce Choose Your Love, and Love Your Choice

How much effort do you think Olympic athletes put into their sport? When things get hard in their training for their sport, they don't just give up and find a new sport to work on. They push through and keep going. Here is a video of Olympic athletes pushing themselves to perform better. Keep in mind, some of these athletes worked for years before they achieved their goal, but they did not give up.



Click to watch



Married couples need to have grit to push through and keep going when problems happen. Remember, a perfect marriage is two imperfect people who refuse to give up on each other. Conflicts or disagreements in a marriage do not mean divorce is the answer: marriage takes work - just like an Olympic athlete.

Try out this word scramble and see if you can figure out the secret message at the end. (This needs to be printed out in order to work with it. The key is on the online page).

Play the Word Scramble