

THE SIZZLE

MINDSET

BLUEPRINT

**7 Essential
Elements of a
Sizzling Hot
Marriage**



Sizzle
MINDSET

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Congratulations!

Because you are here you are on your way to a better marriage.

Here's what I've heard many couples complain about their marriage.

“We barely talk anymore.”

“Our sex life is unfulfilling.”

“We're having difficulty getting past the past.”

“We can't agree on anything.”

“Our relationship seems one-sided.”

Do any of these sound like you?

The solution to all of these problems begins with renewing your commitment to your marriage.

Take a look at my blueprint for a successful Sizzling Hot Marriage!

THE SIZZLE MINDSET BLUEPRINT

7 ESSENTIAL ELEMENTS OF A SIZZLING HOT MARRIAGE

STEPS	PROBLEM	SOLUTION	BENEFIT
Step 1: BE COMMITTED	You don't think your spouse cares	Remember why you married in the first place and believe that they still love you. Post your vows on the wall.	<ul style="list-style-type: none"> • Renewed commitment to your marriage • Remember that your spouse is not all bad • Honor your vows • Forgive your spouse • Be forgiven
Step 2: BE FLEXIBLE	You think you are right and your spouse is wrong	Recognize the value in listening to your spouse. Start passing the floor when talking. Learn how to say yes.	<ul style="list-style-type: none"> • Open to learn from others • Not having to have my way all the time • Focusing on fixing myself and not my spouse • Taking responsibility for my happiness • Fewer hang-ups and getting upset less often
Step 3: BE AVAILABLE	You do not get a lot of undivided attention	Become intentional about giving each other your undivided attention. Create a calendar for your marriage getting in your 14+ hours each week.	<ul style="list-style-type: none"> • Give your marriage more attention • Feel your spouse's commitment to you • Enjoy your companionship
Step 4: BE CALM	You get upset frequently	Practice the 5 T's of Emotion management. Schedule daily de-tress time.	<ul style="list-style-type: none"> • Get upset less frequently • Disagree without bad behavior • Fight back irrational thoughts • Rebuild trust • Your marriage is a safe place to talk about anything • You are happier and more relaxed
Step 5: BE TALKATIVE	You get into arguments over anything and end up avoiding each other	Conversation communicates interest; criticism mutes the relationship. Make a list of topics you both can relate to. Have L-O-V-E conversations instead.	<ul style="list-style-type: none"> • It is easier to agree • You take turns talking and listen without getting upset • You listen to understand and feel heard • You appreciate your spouse's different perspective
Step 6: BE SEXY	Sex lacks a deep emotional connection or does not exist at all	Make sex fun and frequent. Make sure It is one way you say "I love you" every week. Agree on the number of sexual encounters each week and take turns fulfilling sexual favor coupons.	<ul style="list-style-type: none"> • You have frequent sexual encounters • You feel secure in each other's love • Sex is fun, passionate and not one-sided
Step 7: BE MINDFUL	You worry about the future of your marriage	Practice being mindful of the needs of your spouse. Plan a check-in time each week.	<ul style="list-style-type: none"> • You reduce the chance to return to old bad habits • You check in with each other regularly • You maintain a Sizzling Hot Marriage
Bonus Secret: BE GOD-CENTERED	You feel exhausted, lost and alone	Recognize God is in control and allow him to be in control of your life and marriage. Each Sabbath take time to rest and focus on your spiritual development.	<ul style="list-style-type: none"> • You make better decisions • You have a more loving and forgiving heart • You keep your marriage safe from outside and inside attacks

This chart contains what I have learned from working with hundreds of couples in therapy. This is what happy couples do to stay happy. If you do them you will be happy too!



Do you want a fulfilling life together? Do you want to stop going through the motions of being married but not being really

connected? Master the **Sizzle Mindset** and you can have a Sizzling Hot Marriage.

Hundreds of couples have downloaded this blueprint. Which couple are you going to be? The ones that download this blueprint and go back to just going through the motions. Or are you going to be that couple who draws a line in the sand and says we are putting the past behind us and moving into our positive future together? If you are the latter then take the first step below to start working on your marriage right now.



You are not going to improve your marriage dreaming about it. You've got to get busy working on your dream!



Here's the road map to help you improve your marriage. I guarantee that one of the five steps below will transform your marriage. I'm giving you step 1 in this blueprint. Take the next step if you feel your marriage needs more help.

1 STEP ONE

Identify four behaviors that will enhance your commitment to each other. Read more below.

HIM

HER

2 STEP TWO

Start reading my book together so you can learn how to develop a Sizzle Mindset.



<https://www.joefolletmembers.com/offers/yPa8pGxE>

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STEP THREE

Take my Sizzle Mindset Training Program. This 8-week training program is designed to help you develop the skills to enjoy a happy marriage. I will take you through each mindset and help you understand how to think differently about yourself and your marriage. In this program I will meet with you as you start the program, in the middle of your journey and at the end. These three hours will ensure you stay on course toward reaching your goals.



Buy now

<https://www.joefollettemembers.com/offers/FJsTracW>



STEP FOUR

Schedule 4 hours with me to learn what is holding you back from getting on the same page. These sessions will provide me an opportunity to analyze your relationship to see what's beneath the surface getting in the way of your communication. My goal is to get you out of the rut you are stuck in.



<https://www.joefollettemembers.com/offers/YapNCnY2>

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STEP FIVE

Enroll in my ***Sizzling Hot Marriage Rehab*** Program. This is your “last chance” before calling the attorney. This program is an intensive 9-month process of helping you break those destructive patterns and develop the ***Sizzle Mindset*** habits in your relationship. You will get to know other couples on the same journey and get the empowerment you need to take your marriage to the next level.



<https://www.joefollettemembers.com/marriage-rehab>

Let's Get Started with STEP 1

REBUILD YOUR COMMITMENT TO EACH OTHER

The first step to renew your commitment is to remember your love story. Remember how you fell in love? Remember why you said “I do”? Do you remember why you made a lifelong commitment to this person?



In order to get your marriage back on track you must rebuild your commitment to each other. When I came to that place of throwing in the towel in my second marriage, my commitment to my wife was weak. It took God putting the mirror in my face for me to realize how big my contribution was to our marital problems.

When I could clearly see what I was doing wrong I was able to stop focusing on my wife and what she was doing wrong.



Too often our commitment is based on how committed we think our spouse is. You like me and many of the couples I've worked with have experienced so much

disappointment from their spouse. They either keep doing what you don't want them to do or never do what you need them to do. Over time when you are not getting out of something what you feel you are putting in you simply lose interest. Ultimately your motivation to put in gets weaker and weaker. If you are going to save your marriage or make it into the one you want it to be, you **MUST** rebuild your commitment to each other.



Loss of commitment and motivation to move toward each other is why couples break up. **Commitment is the foundation**

of marriage. What you originally committed to is what motivated you to be with this person. For example, most couples commit to companionship with someone who has their back. But when companionship fades or you've lost that sense of being important, so goes your motivation toward the relationship.

Is that where you are right now?

Sadly, along the course of life we get so caught up in work, kids, health problems, family issues, etc. that we forget about the marriage. We forget that we got together to be together. Now we rarely even see each other. Remembering why you made the marital commitment in the first place is the first step to renewing your commitment.



If you are ready to turn things around in your marriage you must be willing to emotionally reinvest in your spouse. That's right. Even if you are on "E" (empty), you've got to muster up some energy to try again. But this time is different. I'm here to help you. If you allow me, I will help you experience the marriage you never thought you could have. You probably think your

spouse will never change. If you have given up on your spouse but have not given up on your marriage - follow me. I will take you on a journey to a Sizzling Hot Marriage.

To get started both of you need to answer these questions:

1. Are you expecting your spouse to change without having to make changes yourself?

Remember you have to put something more in if you are expecting to get something more out.

2. Considering the 8 Sizzle Mindset steps listed in the blueprint above, what are you needing from your spouse that you are no longer getting on a consistent basis?

👁️ Be Committed | 💡 Be Flexible | 👍 Be Available | ☀️ Be Calm | 💋 Be Talkative | 😍 Be Sexy | 🧘 Be Mindful | 🙌 Be God-centered

3. What are you willing to invest (time, energy, money) into making your marriage a mutually fulfilling experience?

Don't skimp on this answer. Think seriously about what resources you will make available to make this transformation happen. How many hours a week are you willing to devote? How much effort and energy are you going to put into this? What's your budget for your marriage?

4. Considering what your spouse has shared that they need from you above, identify four proactive and prohibitive behaviors you can do or not do every day that the two of you can agree will help improve the marriage.

Here are some examples. Proactive behaviors like spending 30 minutes a day talking. Prohibitive behaviors like stop yelling at me.

5. Commit the next four weeks to doing these three behaviors.

Open up your calendar app and schedule a meeting together to discuss your success in implementing these three behaviors.

6. If either one of you is unable to consistently perform these four things, are you both willing to commit to taking the next steps outlined above until you reach the mutually satisfying marriage you both are seeking?

YOU'RE READY FOR STEP TWO?

[Click here](#) to purchase my book “The Sizzle Mindset”

I look forward to helping you build a Sizzling Hot Marriage!

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Lifestyle Therapy & Coaching
www.LifestyleTherapyCoach.com