

4 WEEK MARRIAGE CHALLENGE

1

GIVE YOUR PARTNER 3 COMPLIMENTS, AND ELABORATE ON EACH OF THEM

2

ASK YOUR PARTNER WHAT YOU CAN DO TO HELP THEM TODAY, AND FOLLOW THROUGH WITH THEIR RESPONSE

3

DO SOMETHING YOU THINK YOUR PARTNER WOULD APPRECIATE, WITHOUT LETTING THEM KNOW

4

MAKE A POSITIVE REQUEST FROM YOUR PARTNER AS TO HOW THEY CAN HELP YOU FEEL MORE SUPPORTED

5

MAKE UP A NEW COMPLIMENTARY NICKNAME FOR EACH OTHER

6

GO THROUGH YOUR MARRIAGE PHOTOS TOGETHER AND TALK ABOUT YOUR FAVORITE MOMENTS OF THAT DAY

7

DATE NIGHT-CASUAL

8

TELL EACH OTHER ONE THING YOU WOULD LIKE TO START DOING DIFFERENTLY, AND MAKE A COMMITMENT TO DOING SO

9

ASK YOUR PARTNER THEIR BIGGEST STRESSOR OUTSIDE OF THE MARRIAGE. TRY TO LISTEN WITHOUT GIVING ADVICE

10

TELL YOUR PARTNER 3 THINGS YOU APPRECIATE ABOUT THEM, AND ELABORATE

11

SWITCH HOUSEHOLD DUTIES FOR THE DAY. AT THE END OF THE DAY, REFLECT ON YOUR EXPERIENCES.

12

MAKE OR BUY EACH OTHER A SMALL GIFT THAT REPRESENTS WHAT THEY MEAN TO YOU

13

TELL YOUR PARTNER SOMETHING THEY DON'T KNOW ABOUT YOU.

14

WRITE EACH OTHER A LOVE NOTE

15

DATE NIGHT-FORMAL

16

DISCUSS AND AGREE UPON A NEW HOBBY, SHOW OR ACTIVITY YOU TWO WILL TRY TOGETHER. MAKE A PLAN TO BEGIN.

17

SPEND 30 MINUTES CUDDLING OR HOLDING HANDS

18

SHARE YOUR FUTURE HOPES AND DREAMS WITH YOUR PARTNER, AND HOW THEY CAN HELP YOU ACHIEVE THESE

19

SHARE WITH YOUR PARTNER SOMETHING YOU FEEL YOU HAVE BOTH GOTTEN OUT OF THIS CHALLENGE

20

IDENTIFY SOMETHING POSITIVE YOU WILL COMMIT TO DOING FROM NOW ON. END WITH A MUTUAL EMBRACE.