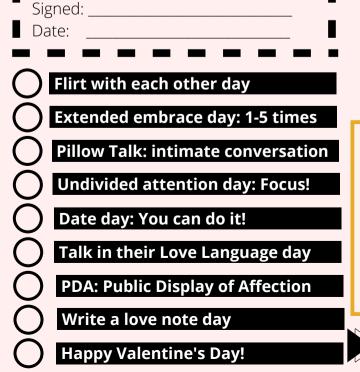




There is a time for everything, and a season for every activity under the heavens. Ecclesiastes 3:1

## DAY COMMITMENT OF INTIMACY This is a personal declaration to make your marriage intimacy a priority for at least 9 days. Sign the contract below and agree to make a more concerted effort to show and express passion towards your lover. Remember, this exercise will strengthen the desire that brought you together originally.





Want more ideas for daily intimacy?

Download 14 Days of Intimacy from our website



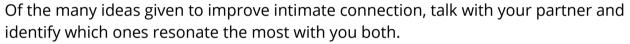


## Put on your counsellor-hat:

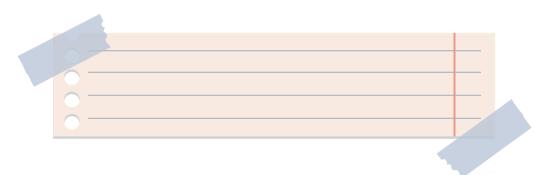
Your job is to give positive suggestions to a couple who is disconnected intimately. They are successful, busy and highly motivated, yet are missing a level of sensual connection. Write down 3 ideas you would offer them to help revive their intimacy:

| 1 | 2 | 3 |
|---|---|---|
|   |   |   |
|   |   |   |
|   |   |   |
|   |   |   |

## **Thinking About Us:**







## **Change For The Good...Together!** (a personal conversation)

Take this opportunity to have a quiet discussion between the two of you and isolate one agreed upon area of affection that you will work on together.

Admittedly, this may be a challenging area to address. It's the same for all of us. Remember all your most rewarding points of growth are developed from considerable effort. Keep in the forefront of your mind and heart these things:

- Developing a deeper intimacy brings you better health
- The lovers of your relationship are the founders of your entire life together. They
  deserve to have a say in the way intimacy goes

|  | 4WY              |
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