

30 DAY CHALLENGE FOR YOUR MARRIAGE

DAY 1

Share a favorite memory with your spouse.

DAY 2

Give your spouse a shoulder rub.

DAY 3

Write your spouse a love letter. *p.s. i love you*

DAY 4

Play a board game/card game with your spouse

DAY 5



Do a chore that you wouldn't normally do. Bonus if you do it the way your spouse would.

DAY 6

Buy or pick some flowers for your spouse.

DAY 10

DAY 7

Ask your spouse how you can serve him/her today.

DAY 8

Go for a 10+ minute walk with your spouse and hold hands.

DAY 9

Write 5 notes for your spouse and hide them where he/she will see them throughout the day.

Buy a treat for your spouse - like a favorite candy bar or snack.



DAY 11

HIDE FROM YOUR SPOUSE, JUMP OUT, & SURPRISE HIM/HER.

DAY 12

Pray together with your spouse. Bonus points for chaplet, a rosary, or going to mass.

DAY 13

Clean the bathroom for your spouse.

DAY 14

Challenge your spouse to a thumb wrestle.

DAY 15

Compliment your spouse on social media.

DAY 15

Put on something special/exciting for your spouse.



DAY 17

Play frisbee/catch/cornhole or another outdoor game with your spouse.

DAY 18

Wash your spouse's car (a car wash is acceptable).

DAY 19

Kiss your spouse...  ...for 15 seconds.

DAY 20

SEND YOUR SPOUSE AN ENCOURAGING TEXT OR LEAVE A SWEET VOICEMAIL IN THE MIDDLE OF THE DAY.

DAY 21

Buy something for your spouse that would make him/her laugh.

DAY 22

Do a mad libs with your spouse.

DAY 23

Try something new with your spouse in the bedroom.

DAY 24

Pat your spouse on the butt and tell him/her that he/she is doing a great job.

DAY 25

Take a goofy selfie and send it to your spouse.

DAY 26

Write down a top 10 list of things you love about your spouse and share it with him/her.

DAY 27

Serve the community together with your spouse.

DAY 28

GIVE YOUR SPOUSE A FOOT RUB.

DAY 29

Send your spouse a text message that would make him/her blush.



DAY 30

Write a 5 line poem for your spouse and read it to him/her. Write a haiku for bonus points.