



June

Marriage Challenge

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 make or buy a nostalgic summer treat together	2 ask "what makes you feel most happy lately"	3 unplug for one hour together outside	4 leave a summery themed note in their lunch	5 share a favorite summer childhood memory	6 massage night for at least 5 minutes then swap!	7 Plan a no pressure date outdoors (ex. picnic)
8 Check in Day: ask "what do you need more of from me?"	9 make your own summer bucket list together	10 create a soft evening routine together	11 share what you've been admiring how they are growing lately	12 Flirt Like it's your first summer dating (be playful, send a flirty text, give a random kiss)	13 take a photo together being real not "aesthetic" or posed	14 plant something together literal or symbolic
15 revisit a past memory where you have overcome something together	16 ask "how can I be a safe space for you this week?"	17 give a 2 minute back scratch/ play with hair etc. no strings attached	18 have a relaxing evening at home together no social media	19 pick a shared challenge to work on gently (budgeting, health, etc.)	20 ask each other what does romance look like in this season of life	21 cook a meal together with fresh seasonal ingredients
22 ask each other what does romance look like in this season of life	23 surprise your spouse with a small summer treat (ice cream, poscicle, etc.)	24 make a chore swap jar and pick one thing this week to swap	25 give a compliment on their summer glow	26 send a cute picture or note saying this reminded me of you	27 wake up first and make their coffee/ feed the pets etc.	28 write a list of reasons why you love your spouse and leave it for them
29 late night summer shower or bath together bonus if outside	30 reflect where you were last year this time and how you changed					