



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 write eachother a letter of your fav. memory together	2 look at old photos or videos of your wedding day	3 share one wasy you have seen your spouse grow recently	4 say thank you for 3 specific things your spouse has done	5 create a list of memorable firsts in your relationship
6 cozy coffee date and ask "what surprised you most about our relationship"	7 make a playlsit of songs that remind you of your love	8 recreate a moment from a special day (song, meal, dance)	9 write new mini vows or affirmations to eachother	10 share a favorite vacation getaway memory	11 plan an at home spa night for just the two of you	12 ask "what's soemthing you wish we did more together"
13 spend a screen free evening focused on eachother	14 flirt throuought the day (texts, notes, kisses, etc.)	15 plan your dream date even if it is imaginary	16 set a small relationship goal for the next month	17 do a thoughtful surprise for your spouse today	18 cook a meal together and dance in the kitchen	19 go for a walk together and talk about how your relationship has evolved
20 ask "whats one thing we can grow in together"	21 set out a blanket and cuddle outside for a romantic evening	22 write a short note and hide it where your spouse will find	23 create a couples vision board on pinterst together	24 share something new you want to try together this year	25 give your partner a hug out of the blue today	26 do one of your spouses least favorite chores without saying a word
27 revisit a place thats meaningful to your relationship	28 share a dream you both have for the future of your marriage	29 share one way your relationship feels strogner and what you did	30 choose a habit you want to carry forward into your marriage	31 reflect on how felt this month doing these challenges		