

30 DAY Marriage Challenge

Ask your partner how you can help them this week	Give your partner a foot or back massage	Play a game together	Cook something together
Watch a movie together	Take a class, learn something new together	Take a selfie	Do one of your spouse's chores
Turn off your phone night!	Send a flirty text today!	Write down 5 things you love about your partner	Hide a love note for them to find
Plan a date	Recreate your first date or favorite date	Take a walk together	Share your relationships goals
Share your relationship fears	Go on a drive	Dance together	Write your spouse a letter telling them why you love them
Compliment your spouse at least five times today	Go through photos and pick your favorite 5 of your spouse	Share your love on social media!	Give at least 5 hugs and kisses today