

30 DAY

*Celebrate Your Marriage*

CHALLENGE



1. Greet your husband with a smile and a kiss.
2. Pray for your husband.
3. Tell your husband why you are thankful for him.
4. Send him a text letting him know you are thinking about him.
5. Make or buy his favorite dessert.
6. Do a chore for him that he usually does himself.
7. Plan a date night for your husband that you know he'll enjoy.
8. Make your marriage a priority and sign up for re|engage.
9. Spend (screen free) time with your husband.
10. Praise your husband.
11. Leave a note of appreciation on his pillow.
12. Get up early and make your husband coffee/breakfast.
13. Help your husband with a project around the house.
14. Buy him a small gift "just because".
15. Wash his car.

16. Compliment your husband.
17. Ask your husband how his day was and listen intently.
18. Prepare your husband's favorite dinner.
19. Call him during the day to tell him you love him.
20. Thank your husband for something he did today.
21. Give your husband a back rub.
22. Compliment your husband.
23. Think only positive thoughts about your husband today.
24. Tell your husband a favorite memory you have of the two of you.
25. Hide a love note in your husband's wallet.
26. Watch his favorite show with him.
27. Tell your husband something you admire about him.
28. Ask your husband what he needs help with today.
29. Buy him a card and write in it what he means to you.
30. Buy him his favorite snack.

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1. Send your wife a text and let her know you are thinking about her.
2. Do a chore for her that she normally has to do.
3. Ask your wife about her day and listen intently.
4. Compliment your wife..
5. Plan a date night for your wife.
6. Prepare her favorite dinner.
7. Clean your wife's car.
8. Make your marriage a priority and sign up for re|engage.
9. Get up early and make breakfast/coffee for her.
10. Surprise your wife with a small gift "just because".
11. Make lunch for her or make plans to meet for lunch during the week.
12. Watch her favorite show with her.
13. Call her unexpectedly during the day to tell her you love her.
14. Make a list of all the things you love about your wife and leave it in her pillow.
15. Tell your wife something you appreciate about her.

16. Leave a post-it note with a sweet message on her steering wheel.
17. Tell your wife your favorite memory of the two of you together.
18. Help your wife with a project around the house.
19. Tell your wife something you admire about her.
20. Send your wife an encouraging text.
21. Fill up your wife's car with gas.
22. Pray for your wife.
23. Buy your wife her favorite snack.
24. Watch a movie with her that you know she'll enjoy.
25. Take out the trash.
26. Think only positive thoughts about your wife today.
27. Thank your wife for all she does for your family.
28. Ask your wife what she needs help with today.
29. Look at your wedding pictures together.
30. Buy her flowers.