

How To



CREATE YOUR OWN 30 DAY RELATIONSHIP CHALLENGE

I'm so excited you have downloaded this free resource! Its been a great joy to create this ebook for you all! I hope it brings you fun, deep and simple connection throughout the month you choose to do this! If you come up with creative ideas please tag me on social media or send me an email. I love to feature couples using this resources to deepen their relationships!

P.S. You'll notice there are only 29 challenges. This is on purpose, one day let's call it make up day. Life happens. Don't let it stop you from going forward. :)

STEP	SET IT UP	CHECK IT OFF
1	Print the above calendar and fill in the blanks with the appropriate dates to check off each day. Feel free to use as your family calendar too!	
2	Print out the chart on the 3rd page to remind you of the daily challenges. (Need further inspo/guidance check out the expanded challenges page. Save this pdf to your iBooks or some place you can reference it if you need it.)	
3	Make plans each week for a regular date night.	
4	Check out the date ideas. The days with * are days I'd recommend adding a date too but feel free to plan them with your own schedule!	
4	Set aside time each day to do the challenges (set a reminder on your phone or place this some place you'll see!)	
5	Ask some friends to do it with you and celebrate together with a fun double date!	
6	Add a contest/prize for yourselves to level it up!	
7	Repeat as often as you'd like!	
8	Repeat and make it your own. Have fun ideas? Shoot me an email and share them so I can share them with others too!	



CELEBRATE.
Again



CHALLENGE

CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Daily Challenges



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DAY	DAILY CHALLENGE	BONUS ACTION STEP
1	Thank your beloved for something	Write it in a letter
2	Write a letter encouraging them	Find a way to participate
3	Surprise them with a gift	Write a note with gift explaining why
4	Talking throughout the day	Spend evening with no distractions
5*	Say I love you	Say multiple times throughout day
6	Give them downtime	Set up ways to help them get this
7	Compliment them physically	Share creatively
8	Share fave personality trait	Document an experience of that trait
9	Do one of their chores	Do a few of their chores
10	10 reasons you love them & share	Write as many as you can
11	Ask about childhood memories	Play would you rather
12*	Share a favorite memory together	Make plans to do it again
13	Laugh together	Watch a comedian or look up memes
14	Take extra time to cuddle	Make it a point to touch every day
15	Go unplugged for 1 hour together	Make this a new habit
16	Favorite date you went on	Make plans to do something similar
17	Share how they've changed for the better	Ways grow together & support each other
18	Share how you've received grace	Ask how to give more grace
19*	Make a bucket list together	Make plans to do a few this year
20	Play hide'n'seek	Place some place unique
21	How have you seen them grow	Talk about future dreams
22	Take a long stroll or drive	Go some place new
23	First time you felt in love	Write this in a letter
24	3 Ways to better serve them	Incorporate this into your daily life
25	Celebrate your beloved	Plan a whole date around this
26*	Affirm their accomplishments	Get creative in affirming them
27	Spend time kissing	Set a time for 3 minutes to kiss
28	Color together	Create a water balloon paint canvas
29	Plan a nice date together	Plan a whole adventure day together

DATE IDEAS

DAY IDEA

5 Dig out your wedding video or photos or just older photos of you. Put them on the big screen (aka your TV, tablet or laptop) and look through old photos.

It's amazing how many good conversations can come from reminiscing. Also this can be done anywhere too! Yay, technology, so if you can go out for a dinner or coffee perfect, if not get cuddled up on that couch or bed and enjoy being together.

Not together? Make time to skype to do this!

12 Learn something new together! Try a local paint and sip class, sign up for a trail dance class, couples acroyoga, get creative here! Look up local classes in your area. You'd be surprised to maybe even find classes at your local natural foods store or recreation centers that may be free or affordable! Or if one of you is an expert in something teach each other something new!

19 Go out or set up an in-home candle light dinner. Dream future plans vacations or dreams for your life or your bucketlist! Not in the same city this week? Make a skype date to talk. Maybe light a candle on your side or put that nice outfit for your beloved to see you in.

26 No matter how artistic you both feel, purchase two disposable cameras. Explore your city or the different angles of your home or each other. Take photos and enjoy. Document your night or be each other's muses.

Alternatively, try to draw or paint each other if that's more your jam! The point is to admire each other and affirm them.

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
1	Send them a text thanking them for something including doing this challenge! It could be as simple as they took the trash out or thanking them for getting up with the baby/dog.	Write a letter or find a fun way to thank them
2	<p>Write a letter or email to your beloved encouraging them about something.</p> <p>This can be as small as encouraging them to stay confident at work that they are an asset to their job or as big as encouraging them in their New Year's goal to go to the gym.</p>	Find a way to participate in encouraging them, for example surprise them with lunch at work or going to the gym with them!
3	<p>Surprise them with a small gift (homemade or store bought, silly cartoon you made of each other) or favorite treat (coffee, tea, cookies, cake etc.) at work or when they get home. If you're going to them don't let them know you're coming!</p> <p>If your beloved isn't at home today or you're passing ships in the night make a plan to have this ready for when they are home again. Or even better use Postmates or a similar delivery service to send them something. You know like those fruit baskets or a carol service, haha.</p>	Write a note with gift explaining why
4	<p>Choose to keep talking throughout the day. Send silly gifs to each other. Check in and see how they are doing. Just keep the conversation going!</p> <p>If you're SUPER busy and cannot be near your phone throughout the day text them when you get home or take extra time to just sit after work talking to each other. The point is to build more time for talking!</p> <p>Need some ideas? We love this fun article from Marriage 365 with ideas! https://www.marriage365.org/blog/15-funny-texts-to-send-your-spouse</p>	Spend the evening with your phones off and spend a WHOLE hour just catching up on life. Need ideas check out this blog post: https://www.marriage365.org/blog/35-date-night-questions-to-ask-your-spouse

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
5	<p>Tell your beloved you love them. Yep that's it. Seriously guys, it's so easy to forget to do this every day! I'm so guilty of this myself.</p>	<p>Tell them multiple times throughout the day. Feel free to include as many ridiculous text message memes as possible.</p>
6	<p>Give your beloved some downtime. Many times we come home and we get straight into time together. Take a moment to give them some down time.</p>	<p>Think about ways they like to relax and have it set up for them when they get home. This could be as simple as drawing a bath or buying their favorite treat sending them off on their own to enjoy some peace and quiet in a space away from your normal humdrum.</p>
7	<p>Compliment your beloved on something you like about them physically. Share in anyway you please, text, phone, in person.</p>	<p>Instead of sharing these verbally, share them creatively. Draw a picture of it, leave them a note in their lunch for the next day, use your imagination!</p>
8	<p>Share with your beloved a personality trait you like about them. This could be as big as how protective they are over your safety or how they are clean and always pick up all the kids toys everyday.</p>	<p>Write down the personality trait you like about them in a journal form, document a time you experienced their personality trait that made you love them more. For example, my husband is an amazing listener and the first night we sat down to actually talk even before we were dating I was amazed at how well he listened.</p>
9	<p>Do a chore your beloved normally does for them like take the trash out or putting your boxers in the laundry bin all by yourself, haha. I know all you leave your clothes where they come off people you out there, we are kindred spirits in our household.</p>	<p>Do a few chores your beloved normally does!</p>

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
10	<p>Write down 10 reasons you love them, it can be as simple as because they go to work every day. Share these with your beloved somehow.</p>	<p>Write down as many as you can think of! Post your "I love you because" on your fridge or some place you'll see every day. Add to it as you think of things.</p>
11	<p>Ask your beloved something about their childhood or a recent event, something you haven't heard before like who was their best friend in first grade or who is the most entertaining person at work?</p> <p>That's it. I love what our pastor recently told my husband and I, how quickly we change and have a perception of the people we love. But aren't we all growing and changing as life grows and changes?</p> <p>So let's keep pursuing our beloved to get to know them as they too change and grow!</p>	<p>Ask your beloved other fun questions, maybe even play a game of would you rather? (like Would You Rather take a vow of celibacy or take a vow of silence?)</p>
12	<p>Share with your beloved a favorite moment with them you could relive over and over again.</p>	<p>Make plans to do something similar together. Was it visiting a beach? Plan a trip to go again. But go planning to make new memories, expectations not met are never fun.</p>
13	<p>Share with your beloved the time you felt like you laughed together.</p>	<p>Watch a comedian together or go look up funny meme on pinterest together. Or put on a puppet show for each other. Let's tap into our inner child. Laughing together is always wonderful.</p>
14	<p>Take extra time to cuddle.</p> <p>That's it. Physical touch is so powerful.</p>	<p>Make it a point to pursue physical touch everyday for the rest of this relationship challenge. You know that extra butt slap in the kitchen or an extra long hug when you get home from work.</p>

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
15	Screens seem to consume our lives these days don't they? Today's challenge is to turn off your phones or silence them and spend more time together tonight for a whole hour. Dedicate the night to just talking or playing a game together or some good old fashioned bonding whatever that looks like for you.	Make this into a habit set up some boundaries for you and your family does it mean phones get set up some place at a certain time or turning them in silence for an hour every night together.
16	Share our favorite date you ever went on with your beloved. Send them a text reminiscing about it or pick up the phone or write an email or talk about it over lunch/dinner tonight.	Ask your beloved what their favorite was. Plan out another fun date that has attributes of this favorite date.
17	Today's challenge requires a little more thought but is so beautiful to share and think about. Let's share with our beloved how they've changed us for the better.	Ask your beloved the same question. Talk about ways you'd like to grow more from the other person and how you can support each other in accomplishing that.
18	Share with our beloved in ways we've felt like we've received grace from them. I know it's a deep one but I promise it'll be worth sharing.	Ask your beloved to think and share about the same thing with you, or even a bit harder, but so beautiful, ask them in what ways you could give them more grace.
19	Make your bucket list with your beloved. Think about all the things you've wanted to do together. Take time to brainstorm some ideas. The sky's the limit it can be as small as walking on pogo sticks or as complex as seeing the northern lights.	Make plans to accomplish a few of these this year or maybe even this month or week! Or if you need some scheduling help set a reminder each month to make plans to do one item on your list!
20	Today is a bit silly but one that I think will be worth being a little silly for. I challenge you to play adult hide'n'seek with your beloved. If you have kids it could be a fun game for them to join in too!	Ready to level this up? Go some place else to play it: city-center, home furniture store, department store, you name it!

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
21	<p>Being in a relationship is tough work, especially once you realize you both grow and sometimes not together nor at the same pace. It's easy to feel disconnected and disjointed. And that's exactly why I've wanted to do this relationship challenge.</p> <p>So today, share with our beloved how you've seen the other person grow.</p>	<p>Talk about your dreams together and ways you both want to continue to grow</p>
22	<p>This may sound super simple but I challenge you today to go to take a long walk together, leave your phones at home, put the kids in a stroller with snacks or on bikes so you can have time to connect together.</p> <p>It's amazing how simple this is but its so beautiful the conversations that can come up when you just step outside and get out of your head.</p> <p>Even if you live somewhere cold I'd encourage you to bundle up.</p> <p>Alternatively, you could go for a drive some place, turning your phone on airplane mode and just taking time to soak in the beauty around you and being together!</p>	<p>Go somewhere pretty near you to do this. Go to a new park, trail or beach if you're lucky enough to live close to one!</p>
23	<p>Let's go down memory lane a little bit today for this relationship challenge.</p> <p>I want you to think back to the first time you felt like you were in love with your spouse or a moment your heart was so full of love for them you could burst. Now, go share this with them. That's it!</p>	<p>Write this down in a letter or email to them include a photograph if you have them from that time.</p>

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
24	<p>Serving others: it doesn't come naturally to me, but I know there are many of you out there that bask in this, you know what others need before they even know, and man, am I so thankful you sweet souls exist.</p> <p>While I do believe some are particularly gifted at serving I do think we can all serve our beloveds. So today I'd encourage you to ask beloved 3 ways how you can serve them? Then make time to do this even if it's just one of the ideas.</p>	<p>Try and serve them in all three ways. Are there ways you can incorporate this into your daily rhythms of life?</p>
25	<p>Who doesn't love to celebrate? I know some of us that include a glass of nice wine at home while others may be an epic party over the top with everyone you love.</p> <p>Well I hope you all know you're loved ones well enough to know which they'd prefer because today's relationship challenge is to celebrate your beloved somehow. (But seriously, if you aren't sure just ask them!)</p> <p>Celebrating your beloved can be as simple as celebrating a recent accomplishment or just filling your house with balloons just because.</p>	<p>Plan a whole date night around this idea.</p>
26	<p>Affirmation is so powerful. I love how easily I see it as a photographer. As I'm photographing people I try to encourage and affirm them and immediately they puff up and stand a little taller. It's amazingly beautiful to me to see affirmation.</p> <p>So for today's relationship challenge I challenge you to affirm your beloved in something they've accomplished recently and take a moment to tell them in person that you're proud of them.</p>	<p>Find a way to encourage them about this creatively, maybe leaving them sticky notes throughout the house say you're so proud of them.</p>

Daily Challenges Expanded

DAY	DAILY CHALLENGE	BONUS ACTION STEP
27	<p>Kissing challenge! Ok this may seem like a SUPER simple challenge is to spend extra time kissing.</p> <p>I mean, who truly doesn't make enough time for affection in their relationship? I mean unless it is a few weeks old. Haha.</p> <p>So, today the challenge is simple spend extra time kissing. Yep not just cuddling but kissing!</p>	<p>Set a time and see if you can make out for 3 minutes straight!! Get those oxytocin hormones going!</p>
28	<p>Let's tap into our inner child and destress a little together. Did you know that coloring helps relax our minds and is a proven de-stressor! Let's de-stress together!</p> <p>Today I challenge you to grab a color book or maybe a blank piece of paper some coloring supplies and spend time coloring together!</p>	<p>Drape painters plastic/canvas around the floors. Fill up water balloons with paint. Pin them to a canvas. Throw darts at the board and see what art you can create together! Or find some other art project to do together.</p>
29	<p>For our last day I want to encourage you to celebrate finishing. Plan a nice date with your beloved, something you've been wanting to do for awhile but just kept putting off because of life. Or get creative if funds are still tight.</p>	<p>Plan a whole day together! Make a scavenger hunt for them to explore around your house or your town or if you're able to plan a little get away around a new city!</p>



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THANK YOU!

Thank you so much for joining this fun challenge. Please share with whoever may also enjoy this free resource. I hope to continue to connect and provide you with ways to stay connected with your beloved.

- Emmy