

**Day 1-** Pack your spouse's lunch

**Day 2-** Give your spouse the evening off while you run the kids around (you can take turns with this one)

**Day 3-** Drop off/pick up your spouse's dry cleaning or do their laundry

**Day 4-** Fix your spouse's plate

**Day 5-** Put away your spouse's laundry

**Day 6-** Clean up their side of the room

**Day 7-** Write a letter of appreciation

**Day 8-** Place an envelope with a gift card from their favorite food spot in their car

**Day 9-** Turn off the television and give them your time

**Day 10-** Give a back massage after a shower

**Day 11-** Send your spouse a random text or leave them a loving note at some point during the day

**Day 12-** Grab their favorite food on the way home from work.

**Day 13 -** Commit to a reading plan together that will take you through this challenge. Do it before bed each night

**Day 14 -** Think together, and decide as a couple on a fun activity you can go do together this week – a sporting event or game, a drive, a walk, go on a picnic...the list goes on!

**Day 15 –** Examine your expectations! Write down one expectation that you have been harboring that may have caused tension between the two of you. It could be in the area of household maintenance, children, sexual activity, finances, roles, outside friendships, church activities, communication, meal preparation, romance, family, or any others! Discuss how this expectation being met or unmet has affected your marriage, and seek resolution.

**Day 16 –** Get your hands dirty and work on a project together – a home project that's been on your mind, a grueling chore, or a service project elsewhere. Be a team and get stuff done.

**Day 17 –** If you have children, make sure to show them how important you are to one another. Write a note, do an act of service, give an affirming word, whatever works for you – but do so in a way that communicates to your children.

**Day 18 –** Think, pray, and then write down one stressor that may be affecting your marriage now. What steps can you take to ease this stress, and what motivates you to do so? Take some time to talk about this with your spouse.

**Day 19 –** Ask your wife or husband what one thing he or she would like for you to do in your marriage that would show romance. Listen to understand, and then act accordingly.

**Day 20** – Consider one trait that you admire in your spouse, and then tell them about it.

**Day 21** – Talk together about one way that marriage has helped build your character. Then, think of a way the two of you, as a couple, can reach out and serve others this week.

**Day 22** – Consider the past, before you were married to your spouse. Through prayer or conversation, praise God for the ways He moves people forward and pray for what He will continue to do. Tell your spouse why your life is different with them in it.

**Day 23** – Plan a surprise for your spouse. Whether it's a weekend away, a small gift, or a note in their lunchbox, show them you thought of them.

**Day 24** – Challenge yourself in one of two ways: a cheap date list or a fast date list. Come up with date ideas you can do for less than \$5 or in less than 30 minutes. When time or money is tight, you can come back to these ideas!

**Day 25** – Do what you need to do to get some time to spend in prayer together. Pray gratefully for your spouse and the things about them you appreciate, pray that God would improve one area in your marriage, and pray that He would give both of you a vision for something greater.

**Day 26** – Pray, consider, or write down one past hurt that you need to confess and forgive. Talk and pray about that, keeping in mind that forgiveness is important to Christ and to moving forward in your marriage. (Matthew 6:14, 15)

**Day 27** – Grab a quick drink or dessert and have a 'blue sky' conversation – What could God be calling us to? What adventures lie in our future? What big things do we want to do and accomplish as a team?

**Day 29** – Pick a chore that your spouse does most of the time, and do it for them. Tell them you're grateful for the things they do every day.

**Day 30** – Be honest. Think of an area in which you need to speak the truth in your relationship. Consider what it means to speak the truth in love (Ephesians 4:25 – 32), and say anything that needs to be said.

**Day 31**– Check out Revelation 2:4-5. It's easy to forget how things were at first. Take some time today to write a letter to your husband or wife. Think back to what drew you together in the first place, and include qualities about him or her for which you are thankful.

**Day 32** – Consider an area where the two of you are very different. Talk about why you appreciate this about your wife or husband.

**Day 33** – Do one kind deed for your spouse today. Leave yourself a note, set an alarm in your phone – whatever it takes to remind you to follow through!

**Day 34** – Thank your spouse for doing this challenge with you, and make time for intimacy today. I am my beloved's, and his desire is for me. (Song of Songs 7:10)

**Day 35** - Send a grateful text – Send your spouse a text saying thank you for something. I understand that if you are in a place where you are struggling, this may be hard. But really try and see your spouse from a place of gratitude!

**Day 36** - Serve Them – Their chore is taking out the trash? Do the chore for them. Find a small way you can do something to make their day easier.

**Day 37** - Leave a Note – Leave a little love note with their work stuff, on their bathroom mirror, in a book they're reading, just somewhere where you know they will find it during the day.

**Day 38** Call Them Unexpectedly – It's so funny when I call my husband at work during the day because it always surprises him. Do not make it an "agenda" call – just call to say hello and tell them you love them.

**Day 39** - Give a Gift – Surprise them with a little gift for no reason. It's a beautiful way to show you care. It can be as simple as a pack of their favorite gum.

**Day 40** - Let It Go – If your spouse does something that bugs you today, choose to let go. Will it really matter in 5 years that your spouse left the cabinet open while cooking? Or that they spaced taking out the trash? Choose to let it go today and focus on the things you love about them...

**Day 41** - Send them a Quote – I am a collector of quotes, and there are so many great ones out there that can really sum up how you feel. Find one on Pinterest and text it to your spouse.

**Day 42** - Surprise Lunch Date – If you have young kids at home, this one may take a little creativity. Maybe you can meet at a park and let the kids play while you enjoy each other's company.

**Day 43** - Dress Up For Them: Because I'm a work-from-home mom, it's REALLY easy for me to live in my sweatpants and skip the makeup most days. But I do like to doll myself up every so often to remind my husband that he does have a hot wife at home

**Day 44** - Send a sexy text – Your partner wants to know they are still wanted and desired, so send a text letting them know they are on your mind.

**Day 45** - Initiate Intimacy – Take the reigns for a change and let your partner know how much you still desire them.

**Day 46** - Back Massage – Everyone loves a back massage, right?

**Day 47** - Play a Game Together – Find a game you both enjoy and play! It's so important to continue to play and have fun together.

**Day 48** - Go For a Walk Together – Not only will you both get in some extra exercise, but it's also a great time to talk and reconnect.

**Day 49** - Breakfast in Bed – is always a nice treat for your special someone.

**Day 50** - Try Something New – Whether you try a painting class, ziplining, rollerblading, karaoke, or tennis – just get out there and try something new together!

**Day 51** - Send them a song that says it all. There is so much good music out there!

**Day 52** - 10 Things I Love About You – Write out 10 things you absolutely love about your spouse and give it to them.

**Day 53** - Cook or order in your spouse's favorite meal.

**Day 54** - Date Night – Try your best to recreate your first date.

**Day 55** - Laugh Together- Share your favorite YouTube or video clips that you love.

**Day 56** - Compliment your spouse several times today.

**Day 57** - Have a “Dream” Date – sit down and talk about your dreams for the future together.

**Day 58** - Make Out – when was the last time you just made out with your spouse?

**Day 59** - Send pictures throughout the day to your spouse and fill them in on your day in a new way

**Day 60** - Write your spouse a love letter.

**Day 61** - Shopping Trip – Pick out something you know they'd look great in.

**Day 62** - Do something you know in your heart, they would LOVE. You know your spouse best so just do something you're certain matters to them.

**Day 63** - Buy a Card – Cards aren't just for holidays. Find a card that expresses how you feel and surprise your spouse.

**Day 64** - Reflect back on this challenge and write a letter expressing how you have felt serving your spouse these last 60 plus days. Think of ways that worked for you to express love and pick a few to continue after the challenge is over.

**Day 65** - I challenge you and your spouse to take the 5 Love Languages test. Google “Five Love Languages”

**Day 66** - I challenge you to say nothing negative all day to your significant other

Controlling the words that comes out of our mouths is one of the hardest things to do. And I am speaking from personal experience. If you want a long-lasting relationship, learning to control your tongue will go a long way in forming a kind and loving connection.

A few bible verses on controlling the tongue are:

- “The tongue has the power of life and death.” (Proverbs 18:21)
- “Even fools are thought wise if they keep silent and discerning if they hold their tongues.” (Proverbs 17:28)
- “Truthful lips endure forever, but a lying tongue lasts only a moment.” (Proverbs 12:19)

**Day 67** - I challenge you to do an unexpected act of kindness to your spouse

I mean, who doesn't love a good surprise? Now that you're put on the spot, I bet you're having trouble thinking of even one simple thing. Here's a tip, remember your significant other's love language? Try to do an act of kindness that is their primary love language.

But in case you need some more help, here's some ideas for you:

- Tell your significant other you love them (words of affirmation)
- Put your phones away and go out to dinner (quality time)
- Give your significant other surprise flowers (receiving gifts)
- Wash the dishes (acts of service)
- Give your significant other a massage (physical touch)

**Day 68** - I challenge you to make a list of the top 5 reasons you love your spouse

You fell in love (or are currently falling in love) with your significant other for a reason. Sometimes it helps to write it down and see it on paper exactly *why* you love them. Do they make you laugh? Do they have a heart of gold? Are they dead sexy? (Yep, I went there..?)

Whatever it is that makes them special to you, write it down and carry it around with you. Put it in your wallet or purse, and pull it out whenever you need a reminder.

**Day 69** - I challenge you to make your spouse's favorite meal for dinner

Does this scenario ring a bell? It's 6:30pm and you've just gotten home from work. You're. So. Tired. And. So. Hungry. The thought of whipping up a yummy meal seems painful. Okay then, Chinese take-out and Netflix it is. Or if you're like me and you're *really lazy*, you're gonna heat up some banana and peanut butter on toast and call it a night.

*But what if* you come home to a nice homemade meal served by yours truly (and by yours truly I mean your significant other...not me, lol)?

So here it is. This is today's challenge: make your spouse's favorite meal. You can do it.

**Day 70** - I challenge you to text your spouse and say hello "just because you were thinking of them"

There is nothing that sends me butterflies faster than a sweet "just because" gesture. Even if their response is something like, "Is that all you wanted? OMG you're so silly". Do it. Just do it! The thought goes a long way.

**Day 71** - I challenge you to plan a movie night with your spouse

Showing kindness and love doesn't have to break the bank. Plan a movie night! Let your significant other choose the movies, go get some popcorn and snacks, and have a movie night cuddle sesh!

**Day 73** - I challenge you to greet your spouse with a smile and enthusiasm

This one's more for the couples who have been dating a long time. Do you still greet each other with a kiss? Do you even look up from your phone?

Try looking them directly in the eyes with a big smile. Show them you're happy to see them.

**Day 74** - I challenge you to wait 5 seconds before responding to something you don't agree with

Raise your hand if you've ever said something in the heat of the moment that you didn't mean. Everyone should have their hand in the air. A great way of not doing this is to take a 5 second breather before responding.

Clear your head. Let your emotions calm down for a second. Then respond when you feel ready.

Communication is key with relationships. It doesn't mean your opinion has to be suppressed, it just means you can make an intentional effort to speak out of love and kindness, even when you don't agree or see eye to eye.

**Day 75** - I challenge you to wake up early and make breakfast for your spouse

Dinner is nice, but there's something so special about making breakfast for someone. Maybe it's because it's morning, and the day is still fresh and bright and full of possibilities. Work hasn't gotten you down. The stress of life hasn't begun yet.

Instead, in the morning you have those few peaceful minutes of coffee and breakfast, and can enjoy that beautiful morning sun.

**Day 76** - I challenge you to buy something for your spouse "just because..."

Before you even think it, buying something for your significant other does not have to be expensive. But hey, if you want to buy something expensive, by all means go for it!

I find that more than the BIG gestures, it's the consistent *little* things that keeps that spark alive. Even if it's \$5 or less. Just a *little* something can mean a big deal because you're showing your significant other you thought of them.

**Day 77** - I challenge you to tell your spouse they look beautiful/handsome today

A compliment is like a verbal ray of sunshine. Mark Twain once said he could live for two months on a good compliment.

Practice the love language "words of affirmation" here. Affirm your significant other. Tell them they're beautiful. Their skin has never looked clearer. Their hair never shinier. Today, throw compliments around like confetti.

**Day 78** - I challenge you to have a conversation with your spouse and don't interrupt at all. Listen to how *their* day was

This one speaks mostly to all the *ladies*. As a fellow member of the female gender, I am guilty too. It is so hard to not interject and say what's on your mind. But that's not a conversation.

A conversation is not a one-way street. A conversation has two lanes, and goes both ways. Today I challenge you to be patient and really listen to what the other person has to say.

**Day 79** - I challenge you to ask your spouse their favorite memory from their childhood

So yesterday we practiced conversing without interjecting, but today *learn* something new about each other. If you already know their favorite memory from their childhood, get creative!

People are so complex, you can be with someone for 10 years and still be getting to know them.

**Day 80** - I challenge you to forgive your spouse for something they did to you

The Bible asks us to forgive. Trust me when I say, forgiveness is like, a big deal. Ephesians 4:32 says, "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you".

Is there something in your heart that you've struggled letting go of? Does the memory still leave a wound? Take that to God. Ask Him to help you forgive. God can soften your heart, and help you to forgive your significant other.

**Day 81** - I challenge you to hold hands when walking down the street

Have you ever seen an old couple who still hold hands when walking down the street? It is like, THE CUTEST THING. I want to be that old couple someday. (And I mean in terms of cuteness...not in terms of simply getting old. Just wanting to clarify...?)

Anywho, sometimes I feel we can underestimate the small things. Hold hands. Throw your arm around her when sitting down. Show them that you care.

**Day 82** - I challenge you to give your spouse a foot massage

I can already hear you...a *foot* massage? Why a foot massage? Why not a regular massage?

Okay okay, let me explain. First of all, foot massages are amazing. Second of all, there's just something about massaging or *even cleaning* someone's feet.

I can see you're confused, so let's look at it biblically. In Luke 7:37 a woman washes Jesus' feet with her tears, and dried them with her hair. She even kissed them and rubbed them with perfume. Why would she do this?

Then in John 13:5 Jesus poured water into a basin and began to wash the disciples' feet. Why?

Washing of feet (but I'm only asking you to massage) is a humbling experience. It represents humility and servanthood. In biblical times, washing feet was actually the role of the *lowliest* of servants. But when Jesus came to earth he washed feet. Matthew 20:28 says Jesus came "not to be served but to serve, and to give his life as a ransom for many".

So, by giving this foot massage, think of it as a humbling experience. Doing something for your significant other that represents serving them the way Jesus served us.

**Day 83** - I challenge you to pray for wisdom on how to be a better husband/wife  
Praying for wisdom is one of the most powerful things you can do for your relationship. It's amazing what can happen we just *ask God* for help. James 1:5 says, "If any of you lack wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you".

This is such an awesome promise! God says he will give wisdom *generously* to us when we ask, how amazing! Sometimes arguments with couples comes from not fully understanding or communicating well with each other. Pray for help in this area! Pray for understanding.

**Day 84** - I challenge you to love a new idea for 5 seconds

I can already hear your response, “what does that challenge even mean???”.

Has any of these scenarios ever happened to you:

- You really want to go to Hawaii: You bring up the idea but your significant other immediately gives you 10 reasons why that’s not possible this year.
- You’ve been thinking of going back to school: You bring up the idea and your significant other immediately gives you 10 reasons why that’s a terrible idea.
- You’re ready to have children: You bring up the idea but your significant other immediately gives you 10 reasons why that’s not possible right now.

Do you see a trend? Even if you have a valid reason for why a new idea is not a good fit *right now*, work on loving it for 5 seconds anyway. I’m not asking you to not express your opinion. After you love it for 5 seconds, *then* you can share why you think it can’t work. But work on not immediately shutting down the other party.

Here’s some sample scenarios of how to do this:

- You really want to go to Hawaii: You bring up the idea and your significant other says, “That sounds amazing! A getaway sounds great! However, money has been tight since we bought the new car and I really don’t have a lot of vacation saved up. Maybe we can start saving now, and try to go next year!”.
- You’ve been thinking of going back to school: You bring up the idea and your significant other says, “WOW, going back to school. That sounds awesome! What do you want to study? I love the idea, but would be tough to do it right now with our schedules. But if it’s something you really want to do, I’m sure we can make it work”.
- You’re ready to have children: You bring up the idea but your significant other says, “I can’t wait to have children with you! They will be so cute! But I just don’t think I’m ready for children right now. It has nothing to do with you, at the moment I am just super focused on my school/career and I want to feel like I’m ready to take on that responsibility when we do have children”.

By putting into practice the “love a new idea for 5 seconds” rule, you don’t deflate the enthusiasm of your significant other. Instead, you address their excitement on the idea, while still communicating your concerns. This way, your spouse is better able to hear what you have to say without feeling hurt or angry. Now go, give it a try!

**Day 85** - I challenge you to think of 5 things your spouse has done recently and THANK him/her for it

Remember how I said giving compliments is like a verbal ray of sunshine? Well then thanking someone (even if it’s for something small!) is like seeing a rainbow after a spring shower. It warms your heart and makes you feel lucky someone saw it so it didn’t go unnoticed.

I don’t think we give thanks enough. There is always something to be thankful for.

**Day 86** - I challenge you to give your list of the Top 5 Reasons You Love Your Spouse to your spouse

Get creative with your gift giving! Dress it up a little. Wrap it up in a box and give it as a surprise. Take your significant other out to dinner and show them the list. Whatever you decide

to do, make sure they know they are special to you, and you even put together a list to show the reasons why. ?

**Day 87** - Send a text mid-day to your spouse that lets them know how much you love them

**Day 88** - Read scripture together before bed

**Day 89** - Spend ten minutes in prayer together

**Day 90** - Spend time talking about the last 90 days and how God has worked in your marriage