

30 Day Marriage Challenge



Try our 30 Day Marriage Challenge and we think your relationship will see a big difference. Your husband will love it!

1. Ask, "What can I help you with today?"
2. Go a whole day without correcting your husband.
3. Hug your husband three times today.
4. Kiss your husband the first time you see him in the morning.
5. Tell yourself, "He really loves his family, and he is doing his best for us."
6. Bake, make, or buy his favorite food.
7. Leave him a sweet note.
8. Put at least one date night on your calendar this month.
9. Imagine how it feels to be in your husband's shoes.
10. Today's focus: kindness.
11. Tell him, "I'm so glad I married you."
12. Pray for wisdom in being a wife.
13. Do not use sarcasm with your husband today.
14. Remember that being a wife is a blessing.
15. Think only positive thoughts about your husband.
16. Thank him for all he does for your family.
17. Laugh with your husband today.
18. Who is a wife you admire? Try to be more like her today.
19. Don't ask him to do any chores or honey-dos.
20. Today's focus: patience.
21. Forgive him when he makes a mistake.
22. Assume the best about your husband.
23. Treat him with respect today.
24. Do not interrupt your husband when he's talking.
25. Ask your husband's opinion on something.
26. Encourage your husband.
27. Do something for his health – eat better and exercise together.
28. Look at him admiringly. Make sure he sees you looking at him.
29. Turn off the electronics – phone, computer, TV, tablet, etc.
30. Today's focus: love.

30 DAY MARRIAGE CHALLENGE

Try our 30 Day Marriage Challenge and we think your relationship will see a big difference. Simply do the assigned task on that particular day. Your wife will love it and by the end of the 30 days, your marriage could very well be revitalized!



ALL PRO DAD.
AllProDad.com

1. Say, "You look stunning."
2. Say, "I appreciate you because _____."
3. Ask, "What can I help you with today?"
4. Go the whole day without correcting your wife.
5. Hug your wife three times today.
6. Kiss your wife the first time you see her in the morning.
7. Buy her a card and mail it to your house for her to get in the mail.
8. Bake, make, or buy her chocolate.
9. Put at least one date night on your calendar this month.
10. Leave her a sweet note.
11. Say, "I'm so glad I married you."
12. Compliment her in front of your children.
13. Pray God would give your wife wisdom.
14. Thank her for all she does for your family.
15. Buy her a gift card to her favorite place and leave it on her dashboard.
16. Do not interrupt your wife when she's talking.
17. Ask your wife's opinion on something.
18. Dance in the living room to your wedding song.
19. Look at her admiringly. Make sure she sees you looking at her.
20. Watch her favorite, romantic movie with her. No mocking.
21. Turn off your cell phone, computer, or the TV when your wife is in the room.
22. Look through your wedding album tonight.
23. Do an activity outdoors together.
24. Plan a romantic getaway together this year.
25. Bring her home her favorite dessert.
26. Give her the night off from all her chores.
27. Foot and neck massage for her.
28. Extended prayer time as a couple tonight.
29. Ask, "Where do you see us in 15 years?"
30. Say, "I love you because _____."