



30 MARRIAGE CHALLENGE DAY



Ask, "What can I help you with today?"

Go the whole day without correcting your husband.



Go the whole day without correcting your husband.



Hug your husband three times today.

Kiss your husband the first time you see him in the morning.



Tell yourself, "He really loves his family, and he is doing his best for us."



Bake, make, or buy his favorite food.



Leave him a sweet note.



Put at least one date night on your calendar this month.



Imagine how it feels to be in your husband's shoes.

Today's focus: kindness.



Tell him, "I'm so glad I married you."



Pray for wisdom in being a wife.



Do not use sarcasm with your husband today.



Remember that being a wife is a blessing.



Think only positive thoughts about your husband.



Thank him for all he does for your family.



Laugh with your husband today.



Who is a wife you admire? Try to be more like her today.



Don't ask him to do any chores or honey-dos.



Today's focus: patience.



Forgive him when he makes a mistake.



Assume the best about your husband.



Treat him with respect today.



Do not interrupt your husband when he's talking.



Ask your husband's opinion on something.



Encourage your husband.



Do something for his health—eat better and exercise together.



Look at him admiringly. Make sure he sees you looking at him.



Turn off the electronics—phone, TV, tablet, etc.



Today's focus: love.

