

## The Marriage Challenge

(Choose 5 to do for your spouse this week)

- Do the dishes
- Clean out the car
- Give your spouse a compliment
- Text your spouse just to say you love them
- Hold hands
- Give a back rub without asking for one in return
- Put the kids to bed by yourself
- Watch a t.v. show or movie of their choice
- Go on a date and plan the date
- Buy them a snack/ desert you know they'd like
- Offer to go grocery shopping
- Ask if there's anyway you can help them out
- Knock something off the to-do list without being asked
- Encourage them to go out to lunch/Starbucks one day
- Make out ; )
- Initiate intimacy
- Say something nice about your spouse in front of others
- Tell your spouse something you appreciate about them and what they do for your family
- Tell your spouse something they do well
- Go for a walk
- Go out for ice cream