

A scenic view of a beach with turquoise water and a cloudy sky. The sky is filled with soft, white clouds, and the water transitions from a deep blue to a vibrant turquoise near the shore. The beach is visible at the bottom of the frame.

30 DAY RELATIONSHIP CHALLENGE

— GET CONNECTED —

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30- DAY RELATIONSHIP CHALLENGE

DAY 1: CREATE A NEW MORNING RITUAL.

Set aside a few minutes in the morning to talk about your day or plans for the weekend. Enjoy a cup of coffee or tea while you chat. Start the day off right making your partner a priority.

DAY 2: COOK DINNER TOGETHER.

Finding and cooking a new recipe can be fun if it's done together. Make dinner (and clean-up) a team effort - it's great quality time and an opportunity to chat about your day.

DAY 3: GO ON A DATE.

Take the opportunity to learn about each other again, check in and catch up. Tell funny stories from your earlier days - this will help remind you of the person you fell in love with!

DAY 4: EXPRESS APPRECIATION.

In general, people have so much going on in their lives that it is easy to take their significant other for granted. You make me laugh, thank you for helping with dinner, I had a great time with you this weekend, thank you for always being so dependable, you're a great listener, thank you for being a hard worker - the list of possibilities is endless!

DAY 5: KISS GOODBYE AND HELLO.

Don't leave the house without acknowledging your partner and be sure to stop and give a warm hello in the evening. This simple gesture can go a long way in helping you prioritize your partner and feel connected to them.

DAY 6: TRY A NEW ACTIVITY TOGETHER.

Choose and schedule something that neither one of you have done before. Trying a new activity is exciting and is a great bonding experience!

DAY 7: SEND A CARD.

Communication doesn't necessarily have to mean talking. Write down some heartfelt words in a card and then mail it the old-fashioned way. Everyone likes to get mail (and we don't mean bills and junk mail)!

DAY 8: COMPLEMENT ONE ANOTHER.

Tell the other one something you like about them – expressing fondness and admiration can help you both feel appreciated, noticed and special.

DAY 9: PLAN A WEEKEND GETAWAY.

It doesn't have to be extravagant. Research suggests a strong link between romantic getaways and a high level of marital satisfaction - start making a list together of places you want to go and hang it on the fridge to remind you to periodically make it a priority to get away together.

DAY 10: COMMUNICATE AND SHOW INTEREST.

Take the time to check in with your partner. Something as simple as asking how their day was, listening and showing interest can help them feel supported and help you both feel more connected.

DAY 11: CUT THE POWER.

Turn off the TV, put away the computers and phones... maybe even turn off the lights. Spend some quality time talking, cuddling or taking a candle lit bath together.

DAY 12: DO SOMETHING SEPARATELY FOR YOURSELVES.

It's important to take time for you within your relationship so choose something you would like to do. Set aside some time at the end of the day to share about your day with your partner.

DAY 13: HIDE POST IT NOTES.

Leave small notes for your partner to find throughout the day. The notes can be inside jokes, words of encouragement, flattery or just I love you.

DAY 14: WORK AS A TEAM.

Try not to blame each other for things that have gone wrong. Take some responsibility, learn from that "mistake" and continue to move forward together in a positive way. Not everyone can be perfect but we can help each other to be our best together. Think of one area in your relationship that you are willing to work on and share it with your partner today.

DAY 15: OFFER ASSISTANCE.

Ask your partner, "What can I help you with?" You might be surprised to find that your partner could really use your help or support but perhaps they have not thought to ask or didn't know how to ask. Take this opportunity to show them you are there for them.

DAY 16: TOUCH.

Take turns giving each other massages or spend some extra time today cuddling and enjoying your partner's physical touch.

DAY 17: LOOK AT OLD PICTURES TOGETHER.

Sit down with a cup of coffee and go through old photos sharing things you remember about those times. Don't forget to take a new picture today to add to the collection!

DAY 18: TAKE A DETOUR.

Get in the car and drive 30 minutes away from home. Spend the day exploring a new side of town.

DAY 19: PICK SONGS.

Find a song that reminds you of your partner, play it for them and share why you chose that song. It can be a current song that makes you think of your partner when you hear it or an old song that reminds you of a time you shared in the past. Bonus points if you play them again and dance.

DAY 20: VOLUNTEER FOR THE DAY.

Find a charity or cause and volunteer together. Doing something you both feel good about can help you feel closer.

DAY 21: COMPLETE A SMALL PROJECT.

Is there a DIY project around the house you've been meaning to do or wanting to try? Set aside a day to do it together. Working together as a team and accomplishing something (or even experiencing a Pinterest fail) can be fun and a great opportunity to work towards a goal together.

DAY 22: CHECK IN.

Make it a priority to text, call during lunch or at the end of the day to check in with your partner. See how they are doing, how their day went or let them know you are thinking of them.

DAY 23: TAKE A WALK DOWN MEMORY LANE.

Reminisce about a favorite day or date and try to recreate something special about it.

DAY 24: WATCH A DOCUMENTARY TOGETHER.

Set aside some time to discuss your thoughts after. Research shows those who share deep and thoughtful discussions feel more connected and happier.

DAY 25: SURPRISE YOUR PARTNER WITH A SMALL GIFT.

Put some thought into a small gift your partner would like - maybe they have recently mentioned a new product they want to try or a treat that they love.

DAY 26: CELEBRATE.

Set aside some time to celebrate a victory or an accomplishment this week - big or small. Maybe you've received an accolade at work, made it to the gym more days than not, reached a personal goal or had a parenting victory - take the time to celebrate your victories with your partner.

DAY 27: WATCH THE SUN RISE OR SET TOGETHER.

Get outside and enjoy the dawn of a new day or relax at the end of a long day with one of nature's romantic moments.

DAY 28: LAUGH.

Humor is good for your health anyway, and sharing jokes with each other makes for a better bond! Rent a favorite comedy, look at old pictures...anything that will give you a good belly laugh.

DAY 29: MAKE LOVE.

Intimacy is a core piece of a healthy relationship. Work on strengthening yours. Talk about what turns you on, give suggestions and be open to feedback. Have a conversation about how often you would like to realistically be intimate and what helps you get in the mood.

DAY 30: ASK FOR HELP.

Good relationships require work. If you find that you and your partner struggle to connect, laugh together, share intimate conversations, or you just want to check in to make sure you stay in a place of wellness do not be afraid to ask for help.