



# Marriage Week



CELEBRATE WITH 30 DAYS OF RELATIONSHIP RESPECT

## DAY 01



Reflect on what self-care YOU need and carve out time for 2 things this month.

## DAY 02



Leave an exciting or appreciative note on your spouse's pillow.

## DAY 03



Help them or do a chore they particularly loathe, even for just one day.

## DAY 04



Arrange a catch up/activity with their good friends.

## DAY 05



Set up a 5 Year fun planning or goal setting night with delicious take away.

## DAY 06



Drop off a coffee or favourite treat to their work place or home.

## DAY 07



Send them a small gift or have it hidden to find.

## DAY 08



Start a new ritual of a cuppa in bed when they wake on a certain day?

## DAY 09



Pay for them to indulge in a treat relevant to their hobbies.

## DAY 10



Write encouraging post-it notes for them to find.

## DAY 11



Pay them a verbal compliment that is specific and impacting.

## DAY 12



Find out your primary love languages at [www.5lovelanguages.com](http://www.5lovelanguages.com) and put into action!

## DAY 13



Make an online donation to a charity that is meaningful in their honour.

## DAY 14



Let them take a day off and help make it happen.

## DAY 15



Write them an email about how they've positively impacted your life.

## DAY 16



Gentlemen: Open some doors for your lady. Ladies: Purchase something for their "Man-Land" part of the house.

## DAY 17



Tell them about the three funniest and endearing moments in your relationship so far.

## DAY 18



Don't ask how you can make this day easier - think of it yourself and do it.

## DAY 19



Arrange something appropriate for them to connect with their family.

## DAY 20



Compile a list of sentences for them to complete the ending.

## DAY 21



Download our App: <http://theconfidante.mobapp.at/> and take the quick Relationship Self Evaluation Quiz!

## DAY 22



Buy them a piece of clothing or accessory.

## DAY 23



Plan to participate in a charity walk/run/event together.

## DAY 24



Buy them a surprise lottery scratch card and resist doing it yourself!

## DAY 25



Post them a handwritten note about the things you admire about them.

## DAY 26



Think of something kind to do for one of their family members.

## DAY 27



Put a funny card in their work bag or car?

## DAY 28



Search out some conversation starters and give the gift of active listening.

## DAY 29



Plan some dates ahead, sync your calendars and take turns organising.

## DAY 30



Give gratitude to any couples in your life who are a fine example to a great relationship.

TheConfidante

COUNSELLING

IT IS NEVER TOO LATE TO BEGIN

[www.sunshinecoastcounselling.com](http://www.sunshinecoastcounselling.com)