



# 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)