
DAILY PRACTICE

The 30-Day Marriage Challenge

One action per day for 30 days. Small moves that create massive change.

Boundary Agreement Resource Library
Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Small Things Often

Grand gestures are great. Consistency is better. This challenge gives you one small, specific action for each of the next 30 days. None of them take more than 15 minutes. All of them move the needle.

The only rule: do not skip a day. If you miss one, do it the next day. Do not let one missed day become a missed week.

Day 1: Send a text telling your partner one thing you appreciate about them.

Done? ☐ Notes:

Day 2: Make their coffee/tea exactly how they like it without being asked.

Done? ☐ Notes:

Day 3: Ask: 'How are you doing? Not with the kids. Not with work. You.'

Done? ☐ Notes:

Day 4: Hold hands for 60 seconds. No talking. Just connection.

Done? ☐ Notes:

Day 5: Write a sticky note with 'I love you because ____' and put it somewhere they'll find it.

Done? ☐ Notes:

Day 6: Take one task off their plate today without announcing it.

Done? ☐ Notes:

Day 7: Put your phone in another room for the entire evening.

Done? ☐ Notes:

Day 8: Revisit a favorite memory together. Tell each other what you remember.

Done? ☐ **Notes:**

Day 9: Pray together for 2 minutes. Out loud. Even if it is awkward.

Done? ☐ **Notes:**

Day 10: Give a 20-second hug. (Research shows 20 seconds triggers oxytocin.)

Done? ☐ **Notes:**

Day 11: Ask: 'What is one thing I can do better as a partner?'

Done? ☐ **Notes:**

Day 12: Plan a date for this week. You plan it. All of it.

Done? ☐ **Notes:**

Day 13: Compliment them in front of someone else.

Done? ☐ **Notes:**

Day 14: Go to bed at the same time tonight.

Done? ☐ **Notes:**

Day 15: Say 'I was wrong about ____' about something recent.

Done? ☐ **Notes:**

Day 16: Cook their favorite meal or order from their favorite restaurant.

Done? ☐ **Notes:**

Day 17: Tell them one thing about the future you are excited about together.

Done? [] Notes:

Day 18: Listen to a podcast or read an article about marriage together.

Done? [] Notes:

Day 19: Ask about their day and follow up with a second question.

Done? [] Notes:

Day 20: No criticism for 24 hours. Zero. Not even about the dishwasher.

Done? [] Notes:

Day 21: Sit together for 10 minutes with no agenda. Just be in the same space.

Done? [] Notes:

Day 22: Send a midday text: 'Just thinking about you.'

Done? [] Notes:

Day 23: Make a list of 3 things they do that you have stopped noticing.

Done? [] Notes:

Day 24: Ask: 'What do you need from me this week?'

Done? [] Notes:

Day 25: Revisit your wedding vows together. Read them out loud.

Done? [] Notes:

Day 26: Take a walk together. No earbuds. Just conversation.

Done? [] Notes:

Day 27: Say 'Thank you for ____' for something they do every day that you take for granted.

Done? ☐ Notes:

Day 28: Share one dream you have not told them yet.

Done? ☐ Notes:

Day 29: Do something they love that you don't (and don't complain about it).

Done? ☐ Notes:

Day 30: Sit facing each other. 4 minutes of eye contact. No talking. Just seeing each other.

Done? ☐ Notes:

EXERCISE: After 30 Days

Reflect together.

Which day had the biggest impact?

Which day was the hardest?

What habit do we want to continue?

What changed in how we feel about each other?
