



Your marriage can be refreshed in 31 days. R.G.P. is asking you to make a commitment to this challenge, just by choosing "One a Day." So, let's begin this challenge together on August 1st - 31st and experience the difference in your marriage. (*Challenge can be repeated monthly.)

August "31 Day Challenge"

Pray & read together (strengthens relationship)	Don't just hear, LISTEN
Express the trust you have in one another	If apart, call and/or text often
Sub-name call (Sweetheart, Honey) - Be Nice!	Hold hands when out (PDA)
Ask...Is there anything I can do to help?	Flirt throughout the day (text, calls, looks)
Give a backrub or foot rub	Leave a note or letter
Compliment and encourage each other	No electronics (Tech Free Day)
Be patient with one another	I forgive you
Wife initiate sex	Be respectful at all times
I need you or want you because.....	Movie day (home or theater)
Date day/night	Go for a drive
Husband initiate sex	Sex in a different location
Cook to please the other and fix his or her plate (Pleasurable meal)	Dance to your wedding song
Help each other to get dressed and/or undressed	Game Night (cards, board game, etc)
Eat at the table together	Share a fantasy
Kiss more	Give him/her a massage
Cuddle	Plan a simple trip
Go to bed together	Take a selfie together and post to or tag H.W.R.M.
Take a casual walk or workout together	Thank each other for something
Eat healthy	NO Girls/Guys Night pass
Remind spouse he/she comes before others (parents, kids, family, friends, job, etc..)	Watch your spouse favorite show with him/her (no complaining or distractions)

