

# 30 Days to a Happier Relationship Challenge

Day 1: Do a chore your partner usually does.

Day 16: Cook together with a new recipe.

Day 2: Share a positive memory you have about your partner.

Day 17: Solve a puzzle together.

Day 3: Give your partner a 5-minute shoulder massage.

Day 18: Join an exercise class with your partner.

Day 4: Ask your partner to tell you a story from their childhood.

Day 19: Tell your partner how they make you feel.

Day 5: Play a game together.

Day 20: Ask your partner for input on something important to you.

Day 6: Share a laugh together by watching a funny video.

Day 21: Sing a song together.

Day 7: Tell your partner something you remember they like.

Day 22: Swap embarrassing stories with your partner.

Day 8: Ask your partner if you can help them with anything.

Day 23: Put a cute sticky note on your partner's pillow.

Day 9: Share something new you learned with your partner.

Day 24: Share with your partner something you're afraid of.

Day 10: Tell your partner something you admire about them.

Day 25: Try a new restaurant with your partner.

Day 11: Give your partner a kiss when they're not expecting it.

Day 26: Send a flirty text to your partner.

Day 12: Learn something new with your partner.

Day 27: Bring home something your partner likes to eat.

Day 13: Do something your partner enjoys doing, together.

Day 28: Let your partner choose a movie and watch it together.

Day 14: Look through old photos together.

Day 29: Have a bath together.

Day 15: Surprise your partner with a small gift.

Day 30: Call your partner just to tell them you're thinking of them.