

JANUARY

PERSEVERE

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“When we strive to become better than we are, everything around us becomes better too.”
Paul Coelho

IT TOOK THOMAS EDISON OVER A YEAR AND OVER A THOUSAND UNSUCCESSFUL ATTEMPTS BEFORE HE CREATED A SUCCESSFUL LIGHT BULB.



WHAT DO YOU WANT TO ACCOMPLISH THIS YEAR?

- PROFESSIONALLY?
- PERSONALLY?
- IN OUR MARRIAGE?
- FOR OUR FAMILY?
- FOR THE COMMUNITY?



Goals & Habits

BE EXTRA SUPPORTIVE OF YOUR SPOUSE THIS MONTH. GIVE THEM PRAISE AND ENCOURAGEMENT

- I'M SO IMPRESSED BY YOUR ABILITY TO...
- YOU'RE ALWAYS SO DEDICATED TO...
- I REALLY ADMIRE THE WAY YOU...
- I KNOW YOU STRUGGLE WITH _____ BUT I CAN TELL YOU'RE IMPROVING.



FEBRUARY

LOVE

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“When someone else's happiness is your happiness, that is love.”
Lana Del Rey

SWANS, PENGUINS, WOLVES, DUCKS, FOXES, MOUNTAIN LIONS, AND EAGLES HAVE THEIR OWN VERSIONS OF TRUE LOVE... THEY'RE ALL MONOGAMOUS ANIMALS.



HOW DO YOU KNOW I LOVE YOU?

- WHAT MAKES YOU FEEL MOST LOVED?
- WHO ELSE MAKES YOU FEEL LOVED? HOW?
- WHAT OTHER WORDS ARE SYNONYMOUS WITH LOVE?



Devotion & Affection

THROUGHOUT THE MONTH, REENACT PARTS OF YOUR WEDDING & HONEYMOON.

- DANCE TO YOUR SONG.
- EAT YOUR WEDDING DINNER.
- DECORATE THE BEDROOM LIKE YOUR FIRST NIGHT TOGETHER.
- REVIEW YOUR VOWS.



MARCH

GRACE

Kindness & Compassion

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“*Train your mind to see the good in everything.*”

PEOPLE WHO ARE REGULARLY KIND AGE SLOWER AND HAVE 23% LESS CORTISOL - THE STRESS HORMONE - THAN THE AVERAGE POPULATION.



HOW CAN WE MAKE SURE TO ALLOW GRACE?

-WHO IS SOMEONE THAT YOU'VE NOTICED NEEDS A LITTLE EXTRA KINDNESS?

-WHAT'S A QUICK AND EASY WAY YOU MAKE OTHERS FEEL APPRECIATED?

-HOW CAN I BE KINDER TO YOU?



PERFORM AS MANY RANDOM ACTS OF KINDNESS AS YOU CAN THIS MONTH

- LEAVE A SWEET NOTE ON YOUR SPOUSE'S CAR.
- DO YOUR SPOUSE'S MOST HATED CHORE.
- DING DONG DITCH A TREAT AT YOUR NEIGHBOR'S DOOR.



APRIL

JOY

Laughter & Smiles

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“*The joy that isn't shared dies young.*”
Anne Sexton

ON AVERAGE, CHILDREN SMILE 400 TIMES A DAY. HAPPY PEOPLE SMILE UP TO 50 TIMES EACH DAY, BUT ON AVERAGE, ADULTS SMILE 20 TIMES A DAY.



WHAT DO I DO THAT MAKES YOU FEEL JOY?

-WHEN WAS THE LAST TIME I MADE YOU LAUGH?

-WHAT DO I DO THAT MAKES YOU SMILE?

-WHAT'S YOUR FAVORITE WAY TO CHEER ME UP?



USE THIS MONTH AS AN OPPORTUNITY TO MAKE YOUR SPOUSE SMILE MORE!

- TELL A PUNNY JOKE.
- DANCE LIKE CRAZY TO YOUR FAVORITE SONG.
- SING KARAOKE.
- GIVE A WINK DURING A SERIOUS CONVERSATION.
- ATTACK YOUR SPOUSE WITH A BEAR HUG.



MAY

THRIVE

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“ If you want to run fast, run alone. If you want to run far, run together.
African Proverb

LISTENING TO MUSIC WHILE EXERCISING CAN IMPROVE WORKOUT PERFORMANCE BY 15%.



WHAT LEVEL OF PHYSICAL ACTIVITY IS IMPORTANT TO YOU?

- HOW DID YOU ENJOY STAYING ACTIVE IN CHILDHOOD?
- WHAT'S THE BIGGEST HURDLE WE FACE IN TRYING TO BE ACTIVE?
- WHICH AREA OF YOUR BODY ARE YOU MOST SELF-CONSCIOUS ABOUT?



Physical Activity & Outdoors

ENJOY SOME FRESH AIR & GET OUTSIDE TOGETHER.

- START A TRADITION OF NIGHTLY FAMILY WALKS.
- DISCOVER NEARBY TRAILS AND LANDMARKS.
- WATCH THE SUNSET FROM THE TOP OF A HILL YOU CLIMBED TOGETHER.



JUNE

EXPLORE

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

“ Never get so busy making a living that you forget to make a life.

IN THE US THERE ARE OVER 61,000 PEOPLE FLYING IN PLANES AT ANY GIVEN TIME.



WHAT ARE YOUR FAVORITE PLACES TO BE?

- WHERE DO YOU GO TO FEEL RELAXED?
- WHAT ROMANTIC PLACE SHOULD WE PUT ON OUR TRAVEL BUCKET LIST?
- WHAT IS ONE TRAVEL DESTINATION YOU COULD VISIT OVER AND OVER?



Brand New Adventures

VISIT SOME NEW PLACES WITH YOUR SPOUSE THIS MONTH.

- A NEW RESTAURANT (OR TRY A NEW ENTREE)
- A NEARBY TOWN
- VOLUNTEER AT A SCHOOL OR REST HOME



JULY

EMBRACE

Friends & Family

“How you make others feel about themselves, says a lot about you.”

THROUGHOUT YOUR LIFE YOU'LL MAKE AN AVERAGE OF 396 FRIENDS. ONLY 1/12 OF THEM WILL BE LASTING RELATIONSHIPS.

WHAT MAKES THE PEOPLE YOU LOVE SO SPECIAL?

-NAME A COUPLE WHOSE RELATIONSHIP YOU ADMIRE.

-WHO DO YOU TURN WHEN YOU NEED A GOOD LAUGH?

-WHAT TRAITS DO YOU HOPE YOU GET FROM YOUR PARENTS?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

WORK TOGETHER WITH YOUR SPOUSE TO HELP THE PEOPLE YOU LOVE SHINE IN YOUR LIVES

- PLAN A GROUP DATE.
- INVITE SOMEONE NEW OVER FOR DINNER.
- CALL UP A RELATIVE JUST TO CHAT.



AUGUST

DISCOVER

Lifelong Learning

“The wisest mind has something yet to learn.”

LEARNING NEW THINGS PRODUCES PHYSICAL CHANGES IN YOUR BRAIN STRUCTURE!

WHAT WOULD BE GREAT TO LEARN FROM OTHERS?

-WHAT IS ONE THING YOU'D LIKE TO LEARN FROM AN OLDER GENERATION?

-WHAT'S ONE THING YOU THINK YOU COULD TEACH ME?

-WHO DO YOU GO TO OR WHAT DO YOU LIKE TO DO TO RESEARCH AN INTERESTING TOPIC?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

CROSS SOME ITEMS OFF YOUR BUCKET LIST THIS MONTH!

- START BY MAKING A BUCKET LIST!
- INVITE YOUR SPOUSE TO HELP.
- LEARN ABOUT YOUR FAMILY HISTORY.



SEPTEMBER

PURSUE

Hobbies & Fun

"If it's both terrifying and amazing then you should definitely pursue it."

HOBBIES DURING THE VICTORIAN ERA INCLUDED THINGS LIKE SEAWEED SCRAPBOOKING, FERN COLLECTING, HAIR WOVEN JEWELRY AND CEMETERY PICNICS.



WHAT DO YOU WANT TO ACCOMPLISH THIS YEAR?

-WHAT'S THE FIRST THING YOU'D DO WHEN YOU WOKE UP IN THE MORNING?

-HOW WOULD YOU USE YOUR SKILLS TO HELP OTHERS?

-HOW WOULD YOU SPEND OUR LIFE SAVINGS?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

PUT SOME EXTRA EFFORT INTO SELF-CARE THIS MONTH AND PRIORITIZE YOUR FAVORITE HOBBIES.

- HIRE A SITTER TO TAKE YOUR KIDS OR SKIP A HOUSEHOLD CHORE TO MAKE TIME.
- FIND A FREE LESSON OR YOUTUBE TUTORIAL TO EXPAND YOUR KNOWLEDGE.
- GATHER SPARE CHANGE AND ADD TO YOUR COLLECTION OR SUPPLIES



OCTOBER

CHALLENGE

Fears & Strength

OXYTOCIN IS A HORMONE PRODUCED IN THE BRAIN WHICH GIVES YOU EXTRA COURAGE IN DANGEROUS SITUATIONS. A WOMAN'S HYPOTHALAMUS CREATES EVEN MORE OXYTOCIN FOR NEW MOMS TO PROTECT THEIR BABIES.



WHAT ARE YOUR BIGGEST CONCERNS?

-WHAT DO YOU REGRET ABOUT YOUR PAST?

-WHAT ARE YOU WORRIED ABOUT RIGHT NOW?

-WHAT IS YOUR GREATEST FEAR IN THE FUTURE?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

*"On particularly rough days, when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good."
-Vinny Genovesi*

DO ONE NEW THING EVERY DAY THAT SCARES YOU?

- TALK TO SOMEONE NEW WHILE YOU'RE OUT OF THE HOUSE.
- FIND A NEW FOOD TO COOK FOR DINNER.



NOVEMBER

GRATITUDE

“Do not spoil what you have by desiring what you do not have. Remember that what you now have was once among the things you only hoped for.”
Epicurus

WRITING DOWN AND GIVING A NOTE OF 'THANKS' HAS BEEN SHOWN TO MAKE YOU A HAPPIER PERSON!



WHAT ARE YOU MOST GRATEFUL FOR?

-WHO HAS DONE SOMETHING KIND FOR YOU?

-WHAT DO WE HAVE NOW THAT YOU CAN'T BELIEVE YOU'RE LUCKY ENOUGH TO HAVE?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Giving & Receiving

KEEP A GRATITUDE JOURNAL.

- DESCRIBE THINGS YOUR SPOUSE DOES THAT YOU APPRECIATE.
- LIST EVERYTHING YOU'D STILL HAVE, EVEN IF YOU LOST YOUR HOUSE IN A DISASTER.
- RECALL A FEW SWEET THINGS YOUR SPOUSE DID FOR YOU.
- THINK OF AN EVERYDAY OCCURENCE YOU DON'T USUALLY FULLY APPRECIATE.



DECEMBER

RENEW

“Collect moments, not things.”

THE BRAIN'S CAPACITY FOR STORING MEMORIES IS NEARLY LIMITLESS.



WHAT WERE YOUR FAVORITE MEMORIES OF THE YEAR?

-WHAT'S SOMETHING NEW YOU ENJOYED TRYING?

-WHAT DID YOU LOVE SEEING TOGETHER?

-WHAT DID YOU ENJOY DOING TOGETHER?



M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Reflect & Appreciate

CREATE YOUR OWN HIGHLIGHT REEL EACH NIGHT AS YOU'RE GOING TO SLEEP, PICTURE...

- A MOMENT YOUR SPOUSE SMILED AT YOU.
- A KISS YOU SHARED.
- A TIME YOU FELT PHYSICALLY CLOSE TO EACH OTHER.

