



MARCH

HABIT:

MONDAY

TUESDAY

WEDNESDAY

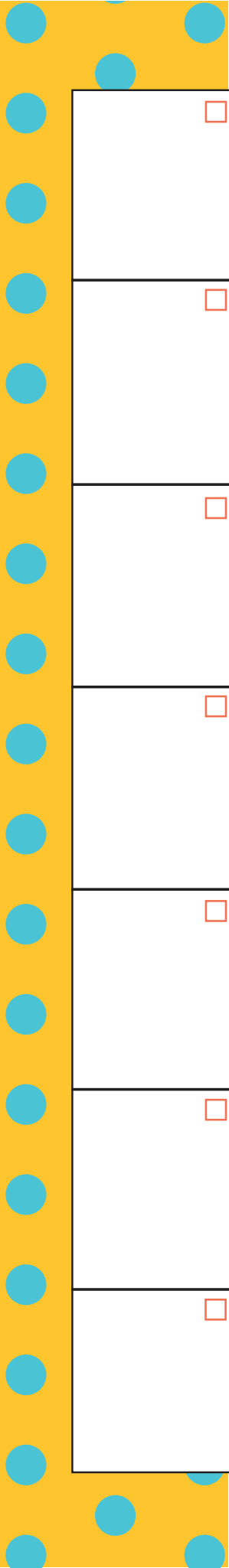
THURSDAY

FRIDAY

SATURDAY

SUNDAY

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DECEMBER

HABIT:

MONDAY

TUESDAY

WEDNESDAY

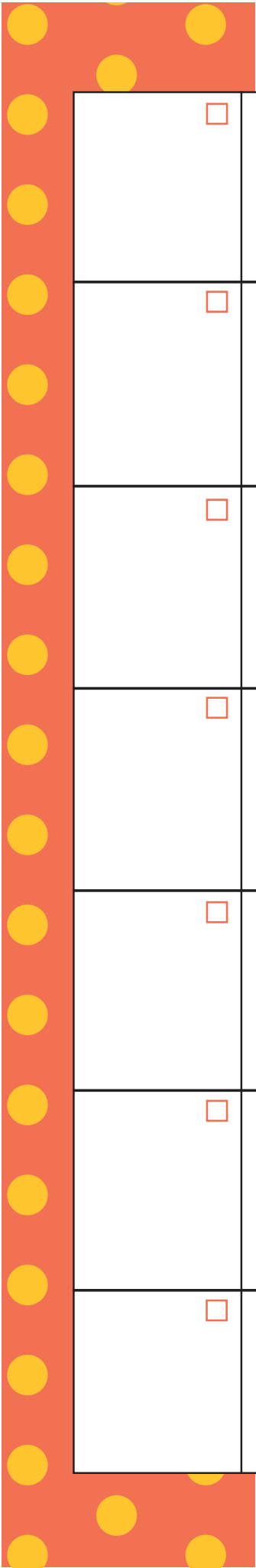
THURSDAY

FRIDAY

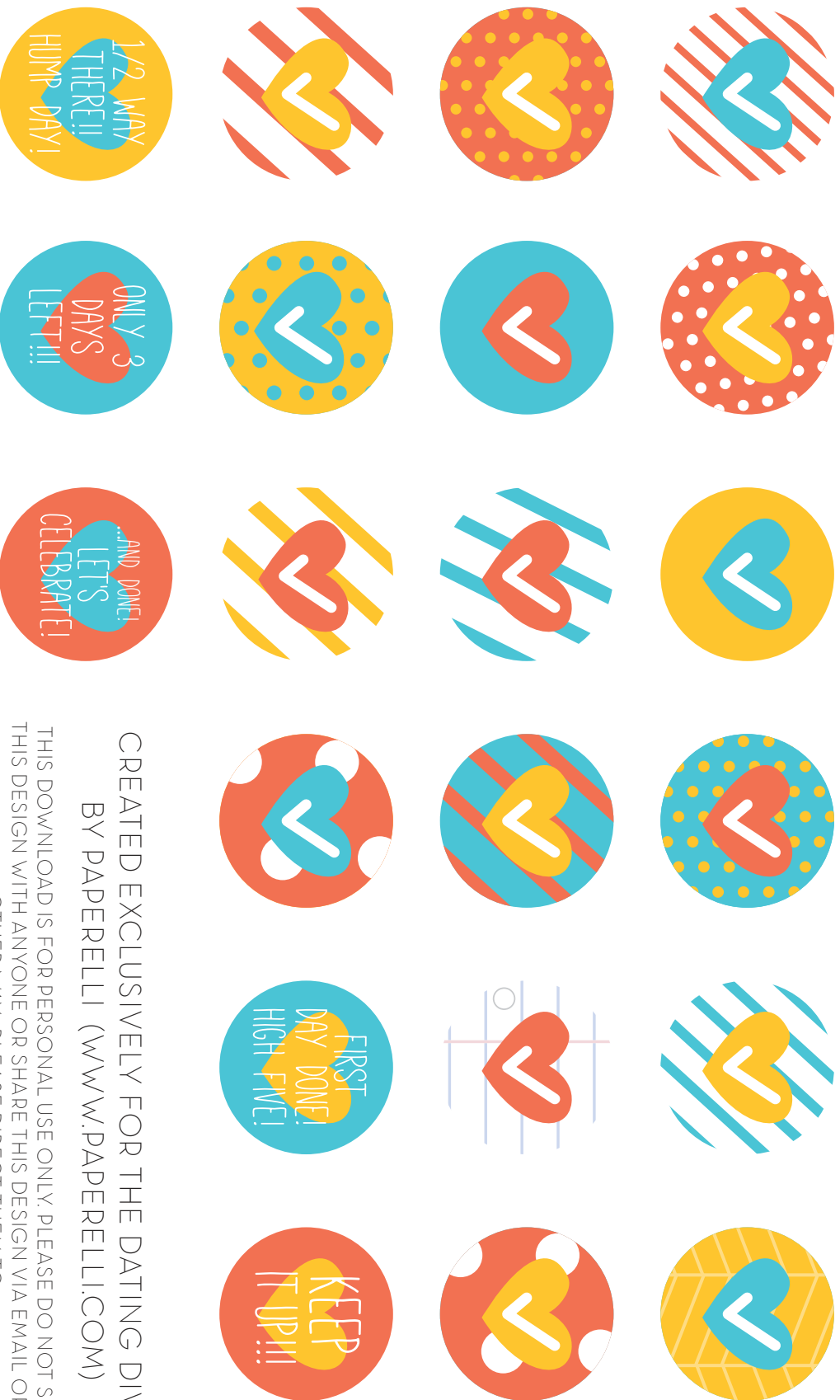
SATURDAY

SUNDAY

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CALENDAR MARKERS



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21

ENCOURAGING TEXTS FOR HIM

DAY 1: "THIS IS GOING TO BE GOOD FOR US BECAUSE ..."

DAY 2: "I FELT SO LOVED WHEN YOU ..."

DAY 3: "TODAY WILL BE A GREAT DAY BECAUSE ..."

DAY 4: "YOU MEAN THE WORLD TO ME BECAUSE ..."

DAY 5: "I LOVE BEING MARRIED TO YOU BECAUSE ..."

DAY 6: "I AM GLAD I HAVE YOU BECAUSE ..."

DAY 7: "I ALWAYS FEEL BETTER WHEN YOU ..."

DAY 8: "YOU'RE THE PERFECT MATCH FOR ME BECAUSE ..."

DAY 9: "YOU ROCKED IT YESTERDAY WHEN ..."

DAY 10: "HURRY HOME! I CAN'T WAIT TO ..."

DAY 11: "WE GOT THIS! I LOVE THIS NEW HABIT BECAUSE ..."

DAY 12: "KEEP UP THE GREAT WORK, SWEETIE! YOU ARE ..."

DAY 13: "I LOVE IT WHEN YOU ..."

DAY 14: "THE THING I APPRECIATE MOST ABOUT YOU IS ..."

DAY 15: "THE SEXIEST THING ABOUT YOU IS ..."

DAY 16: "I AM REALLY STARTING TO SEE A DIFFERENCE ..."

DAY 17: "I FEEL LIKE THIS CHALLENGE WILL ..."

DAY 18: "MY FAVORITE PART ABOUT YESTERDAY WAS ..."

DAY 19: "I CAN FEEL A DIFFERENCE IN ..."

DAY 20: "I AM SO EXCITED FOR ..."

DAY 21: "I CAN'T WAIT TO SEE YOU AGAIN SO THAT ..."

21

ENCOURAGING TEXTS FOR HER

DAY 1: "I AM SO EXCITED FOR ..."

DAY 2: "I LOVE IT WHEN YOU ..."

DAY 3: "YOU ROCKED IT YESTERDAY WHEN ..."

DAY 4: "I AM REALLY STARTING TO SEE A DIFFERENCE ..."

DAY 5: "I LOVE BEING MARRIED TO YOU BECAUSE ..."

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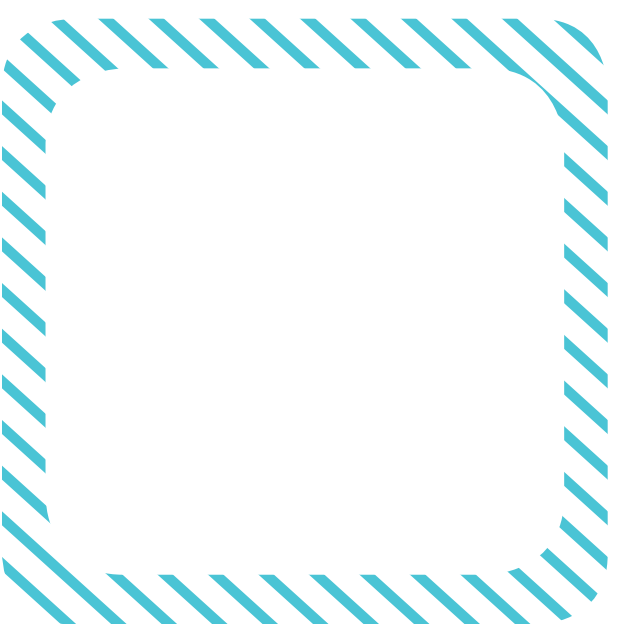
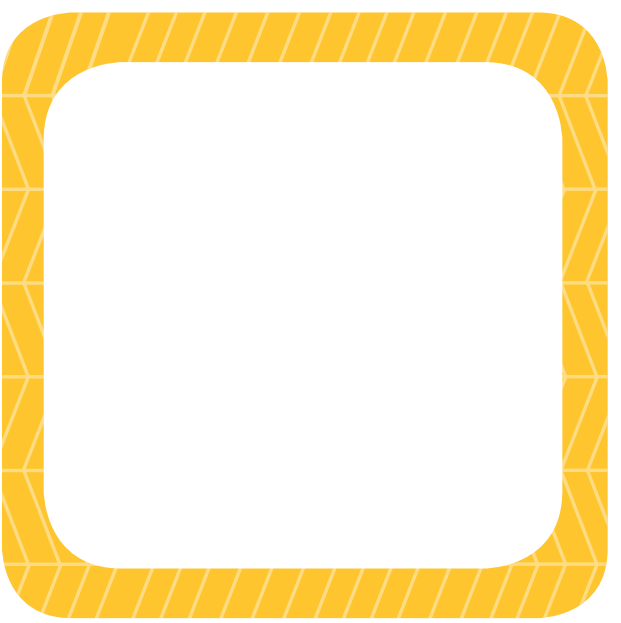
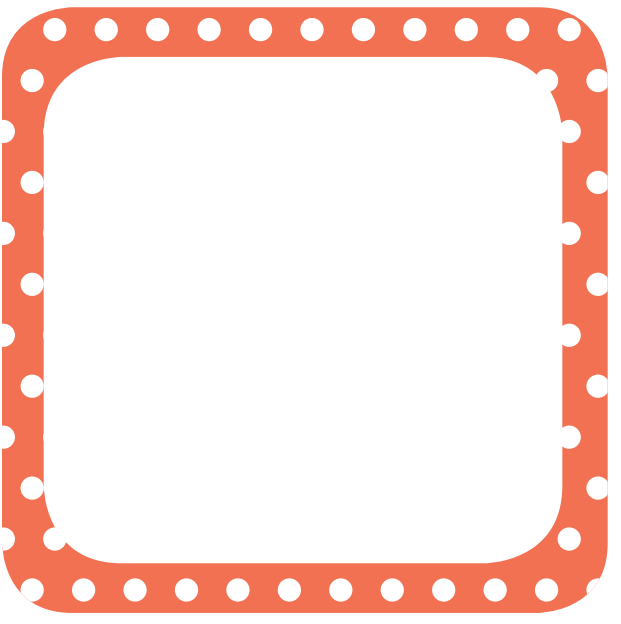
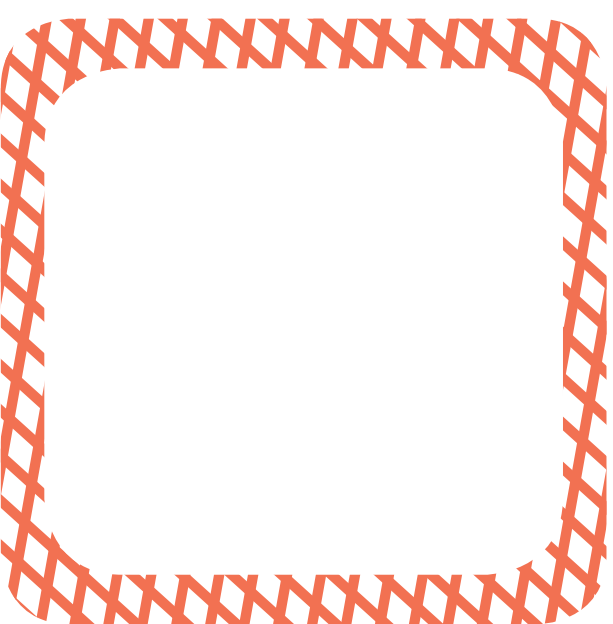
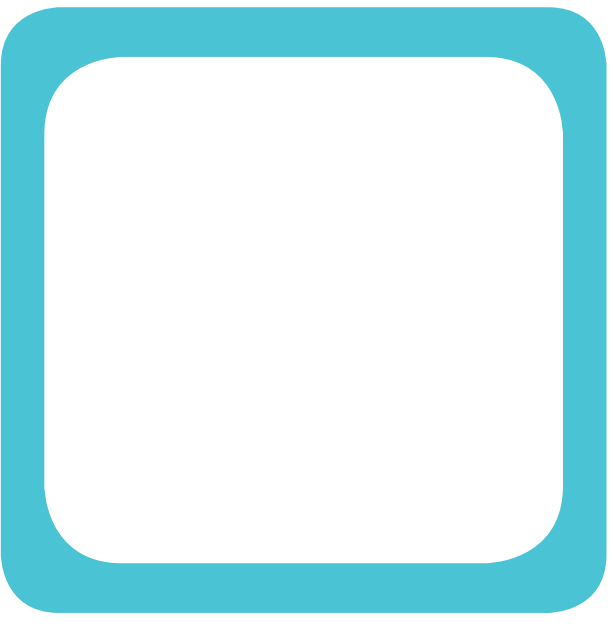
DAY 19: "YOU'RE THE PERFECT MATCH FOR ME BECAUSE ..."

DAY 20: "HURRY HOME! I CAN'T WAIT TO ..."

DAY 21: "YOU MEAN THE WORLD TO ME BECAUSE ..."

LIST OF HABITS FOR OUR RELATIONSHIP

Place Post-it note here with a new habit written on it!



LIST OF HABITS FOR OUR RELATIONSHIP

- KISS WHEN GREETING EACH OTHER AFTER WORK
- ALWAYS SAYING THANK YOU TO EACH OTHER
- GETTING UP TOGETHER IN THE MORNING WHENEVER YOU CAN & MAKE THE BED TOGETHER!}
- GOING TO BED AT THE SAME TIME
- HOLD HANDS WHILE WALKING
- EATING DINNER TOGETHER
- ONLY TALKING NICE ABOUT EACH OTHER, ESPECIALLY AROUND OTHERS
- MAKE WEEKLY DATE NIGHT A PRIORITY
- LOOK EACH OTHER IN THE EYE WHEN YOU SAY "I LOVE YOU"
- ALWAYS KISS GOOD BYE & EVEN WHEN YOU'RE JUST LEAVING FOR ERRANDS}
- NO PHONES OR TV AT THE DINNER TABLE
- HUG LIKE YA MEAN IT! & AT LEAST ONCE A DAY, HUG FOR 30 SECONDS OR MORE}
- MAKE TIME FOR PILLOW TALK & ASK ABOUT EACH OTHER'S DAY!}
- TAKE 10 MINUTES TO CLEAN/STRAIGHTEN YOUR HOUSE TOGETHER AT THE END OF THE DAY
- NO PHONES IN BED & CHARGE THEM IN A SEPARATE ROOM!}

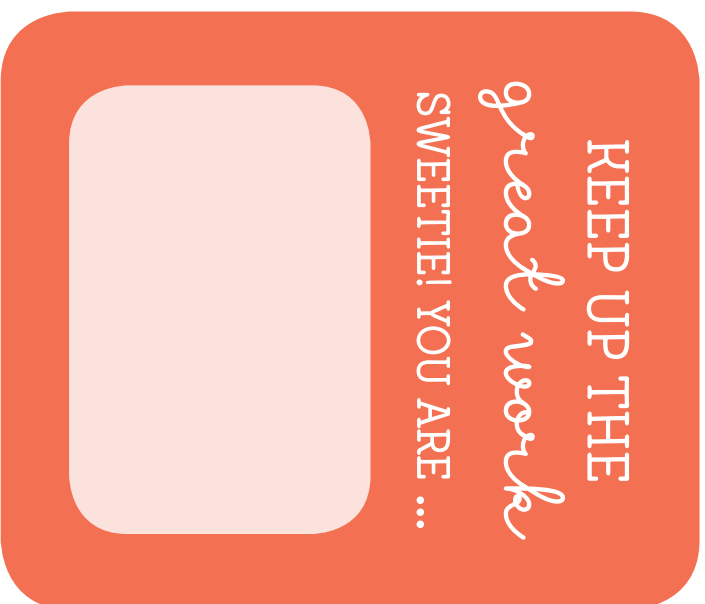
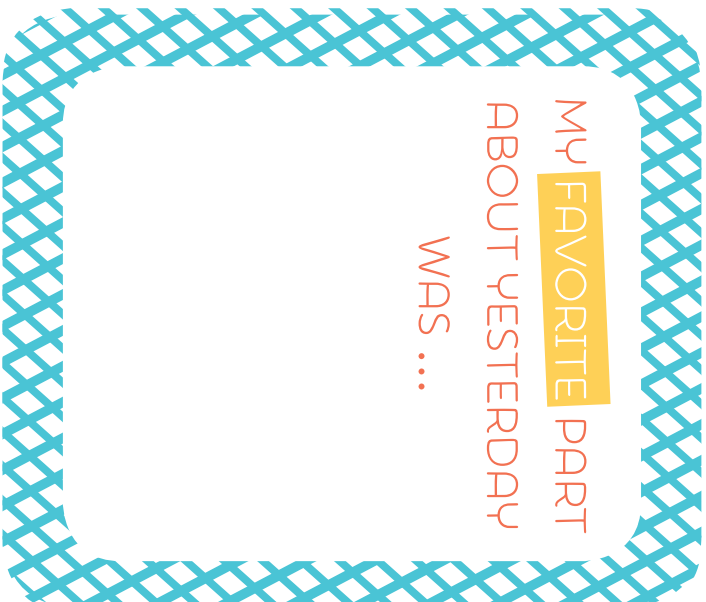
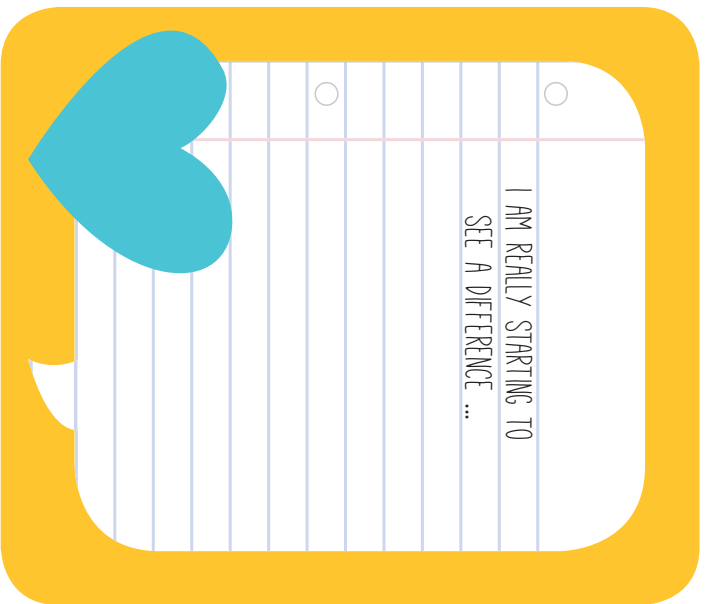
WORDS OF ENCOURAGEMENT FOR YOUR SPOUSE

ONCE YOU'RE READY TO START YOUR 21 DAYS, PRINT OFF TWO COPIES OF THESE NOTE CARDS SO EACH OF YOU CAN LEAVE LOVING NOTES OF ENCOURAGEMENT TO EACH OTHER THROUGHOUT THE 21 DAY PROCESS!

I AM SO
excited
FOR ...

I LOVE IT WHEN YOU ...

YOU
rocked it
YESTERDAY WHEN ...



THE THING I APPRECIATE
MOST ABOUT YOU IS ...

I ALWAYS FEEL BETTER
WHEN YOU ...

I can't wait
TO SEE YOU AGAIN SO THAT ...

I CAN FEEL A
DIFFERENCE IN ...

TODAY
WILL BE A GREAT
DAY BECAUSE ...

THIS IS GOING TO BE
GOOD FOR US BECAUSE ...

