THE 365-DAY WARRIOR COUPLE JOURNEY

A year of choosing each other.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

YOUR DAY 1 CAN BE ANY DAY

The Warrior Couple Annual Journey is designed as a rolling 12-month experience. There is no January 1st requirement, no special Monday, and no waiting for the perfect time. Whenever you begin, that day becomes your Day 1.

HOW IT WORKS

- ☐ Pick your start date. Today can be Day 1.
- ☐ Move through the 12 Journey Months in order, beginning wherever your real life begins.
- ☐ Each Journey Month gives you a relationship theme, a mission, weekly connection prompts, and a month-end reflection.
- ☐ If you miss a day or week, don't restart. Simply continue from where you left off.
- ☐ At the end of 12 months, celebrate what you built—and decide what comes next.

OUR JOURNEY START

Day 1 date _____

Partner 1 _____

Partner 2 _____

Our intention _____

STARTING CONNECTION SCORE: 1 2 3 4 5 6 7 8 9 10

THE 12 JOURNEY MONTHS

01	Journey Month 1	RECONNECT
02	Journey Month 2	AFFECTION
03	Journey Month 3	LAUGHTER & PLAY
04	Journey Month 4	COMMUNICATION
05	Journey Month 5	APPRECIATION
06	Journey Month 6	ADVENTURE
07	Journey Month 7	TEAMWORK
08	Journey Month 8	DESIRE & FLIRTATION
09	Journey Month 9	MEMORIES & MEANING
10	Journey Month 10	REPAIR & RESILIENCE
11	Journey Month 11	GRATITUDE & GENEROSITY
12	Journey Month 12	CELEBRATION & VISION

JOURNEY MONTH 1 • RECONNECT

Put your relationship back on the calendar.

YOUR MONTHLY MISSION

☐ Create a no-phone check-in. Ask: What do I need more of from us right now?

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

Week 1	☐ Done ☐ Not yet	What brought us closer? _____
Week 2	☐ Done ☐ Not yet	What brought us closer? _____
Week 3	☐ Done ☐ Not yet	What brought us closer? _____
Week 4	☐ Done ☐ Not yet	What brought us closer? _____

MONTH-END REFLECTION

What brought us closer during this month?

What do we want more of during the next month?

Connection score: Start 1 2 3 4 5 6 7 8 9 10 End 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM: You don't have to start at the beginning of a calendar year. You just have to start.

JOURNEY MONTH 2 • AFFECTION

Make affection intentional.

YOUR MONTHLY MISSION

☐ Create a touch menu and practice three affectionate moments with no expectation attached.

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

Week 1	☐ Done ☐ Not yet	What brought us closer? _____
Week 2	☐ Done ☐ Not yet	What brought us closer? _____
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JOURNEY MONTH 3 • LAUGHTER & PLAY

Bring back the silly energy.

YOUR MONTHLY MISSION

☐ Retell a funny memory, invent an inside joke, and schedule a playful mini-date.

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

Week 1	☐ Done ☐ Not yet	What brought us closer? _____
Week 2	☐ Done ☐ Not yet	What brought us closer? _____
Week 3	☐ Done ☐ Not yet	What brought us closer? _____
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MONTH-END REFLECTION

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JOURNEY MONTH 4 • COMMUNICATION

Practice talking to each other—not at each other.

YOUR MONTHLY MISSION

☐ Use a five-minute check-in: good, hard, and support needed. Practice one repair phrase.

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

Week 1	☐ Done ☐ Not yet	What brought us closer? _____
Week 2	☐ Done ☐ Not yet	What brought us closer? _____
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MONTH-END REFLECTION

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JOURNEY MONTH 5 • APPRECIATION

Notice the little things and say them out loud.

YOUR MONTHLY MISSION

☐ Give three specific compliments about character, effort, or growth.

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

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Week 2	☐ Done ☐ Not yet	What brought us closer? _____
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JOURNEY MONTH 6 • ADVENTURE

Create memories instead of waiting for the perfect time.

YOUR MONTHLY MISSION

☐ Make a free, inexpensive, and dream adventure list. Choose one to do.

YOUR START DATE FOR THIS JOURNEY MONTH

Start date _____ **Target finish date** _____

WEEKLY CONNECTION TRACKER

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JOURNEY MONTH 7 • TEAMWORK

Strengthen the feeling that you are on the same team.

YOUR MONTHLY MISSION

☐ Ask: Where do you need me to be your teammate right now? Then tackle something together.

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JOURNEY MONTH 8 • DESIRE & FLIRTATION

Keep attraction and anticipation alive.

YOUR MONTHLY MISSION

☐ Pretend you are on your first date. Send a playful message. Choose a cozy, playful, or adventurous date.

YOUR START DATE FOR THIS JOURNEY MONTH

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JOURNEY MONTH 9 • MEMORIES & MEANING

Remember where you've been while appreciating where you are.

YOUR MONTHLY MISSION

☐ Look at old photos, share a meaningful story, and create one new tradition.

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JOURNEY MONTH 10 • REPAIR & RESILIENCE

Learn to come back together after difficult moments.

YOUR MONTHLY MISSION

☐ Name your part without blame. Practice pausing and create a simple reconnect ritual.

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JOURNEY MONTH 11 • GRATITUDE & GENEROSITY

Make gratitude part of the atmosphere of your relationship.

YOUR MONTHLY MISSION

☐ Name five things you appreciate and do one unexpected act of kindness.

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JOURNEY MONTH 12 • CELEBRATION & VISION

Celebrate the journey and choose what comes next.

YOUR MONTHLY MISSION

☐ Review your favorite moments, choose habits to keep, and write a shared vision for the next year.

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YOUR 12-MONTH JOURNEY IN REVIEW

Your year began on the day you chose to begin. Look back and celebrate the progress you made together.

OUR THREE BIGGEST WINS

THE MOMENT WE WILL ALWAYS REMEMBER

WHAT WE LEARNED ABOUT EACH OTHER

WHAT WE WANT TO PROTECT GOING FORWARD

END-OF-JOURNEY CONNECTION SCORE: 1 2 3 4 5 6 7 8 9 10

OUR WARRIOR COUPLE RITUALS

Choose the small practices from this journey that deserve to become part of your everyday relationship.

DAILY

WEEKLY

MONTHLY

WHEN WE NEED TO RECONNECT

ONE THING WE WILL KEEP CHOOSING

WARRIOR COUPLE
12-MONTH JOURNEY COMPLETION

Twelve months of showing up. Twelve months of choosing each other. A journey built around small moments that made your relationship stronger.

PARTNER 1 _____
PARTNER 2 _____
DAY 365 / COMPLETION DATE _____

STRONGER TOGETHER • UNSTOPPABLE FOREVER

SurpriseBoxxxes • Small moments. Stronger marriages.