THE 7-DAY WARRIOR COUPLE CHALLENGE

Seven days. One stronger us.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

WELCOME, WARRIORS

This is not about becoming a perfect couple. It is about choosing each other on purpose—especially in the ordinary moments where connection can quietly disappear.

For the next seven days, give each other a little more attention, laughter, curiosity and safe touch. Keep the rules simple: phones down, defensiveness down, effort up.

OUR 7-DAY COMMITMENT

Partner 1 _____

Partner 2 _____

Start date _____ Finish date _____

Our promise for this week:

Our word: _____

WARRIOR RULE

Progress beats perfection. If you miss a day, don't quit—pick up where you left off.

YOUR STARTING LINE

Take two minutes separately. Then share only what feels useful.

RIGHT NOW, I MISS…

What do you wish you had more of together?

I FEEL MOST LOVED WHEN…

A small behavior, word, touch or gesture that lands deeply.

I WANT MORE FUN AROUND…

Something you used to laugh about, play at or do together.

Starting connection score: 1 2 3 4 5 6 7 8 9 10

One thing we are willing to protect this week: _____

DAY 1 PUT DOWN THE ARMOR

Attention before answers.

THE CHALLENGE

- [ ] Put both phones away for 10 minutes.
- [ ] Sit facing each other and take three slow breaths.
- [ ] Take turns answering: “What has been taking up space in your heart lately?”
- [ ] The listener may only say: “Tell me more.” No fixing. No debating.

COUPLE TALK
Connection question: What helped you feel safest with me today?

WRITE IT DOWN

TOUCH & CONNECTION

Try this touch: Hold hands for one full minute while you talk.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“The goal is not to solve the problem. The goal is to feel less alone in it.”

DAY 2 MAKE ME LAUGH

Bring the playful version of you back.

THE CHALLENGE

- [ ] Each person chooses one silly question: What would our relationship be called as a sitcom?
- [ ] Recreate a funny memory using only facial expressions for 30 seconds.
- [ ] Give each other a ridiculous compliment.
- [ ] Finish with one real compliment about who your partner is today.

COUPLE TALK
Connection question: When do you feel most playful with me?

WRITE IT DOWN

TOUCH & CONNECTION

Try this touch: A 20-second hug with no talking.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“Laughter is not a distraction from connection. Sometimes it is the doorway back to it.”

DAY 3

TOUCH WITHOUT PRESSURE

Let touch feel safe, simple and wanted.

THE CHALLENGE

- [ ] Create a quick yes / maybe / not-today touch menu.
- [ ] Choose three comfortable touches: hand-holding, shoulder rub, forehead kiss, cuddle, back scratch, etc.
- [ ] Give each touch without asking for anything in return.
- [ ] Say one sentence: “A touch that makes me feel close to you is…”

COUPLE TALK
Connection question: What kind of touch helps you relax around me?

WRITE IT DOWN

TOUCH & CONNECTION

Warrior boundary: A no is information—not rejection.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“Closeness grows when both people can say yes, no or not yet and still feel loved.”

DAY 4 DATE THE PERSON YOU ARE NOW

Stop assuming you already know each other.

THE CHALLENGE

- [ ] Each person shares one thing they are currently curious about.
- [ ] Ask: “What would make an ordinary Saturday feel exciting to you right now?”
- [ ] Design a 30-minute mini-date you can do this week with little or no money.
- [ ] Put it on the calendar before you finish.

COUPLE TALK
Connection question: What part of you do you want me to notice more?

WRITE IT DOWN

TOUCH & CONNECTION

Surprise move: Hide a short note for your partner to find tomorrow.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“You married a person who keeps changing. Keep dating the newest version.”

DAY 5 REPAIR LIKE WARRIORS

Conflict does not have to become distance.

THE CHALLENGE

- [ ] Choose one small unresolved irritation—not the biggest issue in your relationship.
- [ ] Each person completes: “My part in this is…”
- [ ] Use one repair phrase: “Can we restart?” / “I hear you.” / “We're on the same team.”
- [ ] End with one thing you still appreciate about each other.

COUPLE TALK
Connection question: What helps you come back to me after tension?

WRITE IT DOWN

TOUCH & CONNECTION

Reset ritual: 90-second pause, breathe, then reconnect with a hand squeeze.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“Strong couples are not conflict-free. They get better at finding their way back.”

DAY 6 PLAY, FLIRT & CHOOSE EACH OTHER

Make room for anticipation.

THE CHALLENGE

- [ ] Create a “Tonight We Choose” menu with three options: cozy, playful, adventurous.
- [ ] Each person picks one option without criticizing the other choice.
- [ ] Dress or set the mood differently than usual—even if you're staying home.
- [ ] Give one sincere statement of desire, admiration or appreciation.

COUPLE TALK
Connection question: What makes you feel wanted, appreciated or pursued?

WRITE IT DOWN

TOUCH & CONNECTION

Keep it mutual: curiosity, consent and comfort matter more than performance.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“You do not need a grand gesture. Anticipation can begin with a look, a note or a smile.”

DAY 7

THE WARRIOR VOW

Carry the connection forward.

THE CHALLENGE

- [ ] Look back at the week. Name the moment you felt closest.
- [ ] Each person names one habit worth keeping.
- [ ] Choose one weekly “us” ritual for the next month.
- [ ] Read your answers aloud and celebrate finishing.

COUPLE TALK
Connection question: What do you want us to protect from here on out?

WRITE IT DOWN

TOUCH & CONNECTION

Final touch: Hold each other for 30 seconds and breathe together.

Connection today	Circle one: 1 2 3 4 5 6 7 8 9 10

WARRIOR WISDOM

“The challenge ends today. The practice of choosing each other does not.”

KEEP THE MOMENTUM

The seven days are a reset—not the finish line. Pick three tiny rituals to carry into the next month.

DAILY • 2 MINUTES	Look up from the phone. Ask: “How are you, really?”
WEEKLY • 30 MINUTES	A no-phones mini-date, at home or out.
ANYTIME • 20 SECONDS	A hug that lasts long enough to actually land.
AFTER CONFLICT	Use your repair phrase before the argument becomes the whole story.

OUR NEXT 30 DAYS

The one ritual we choose: _____

Our next mini-date: _____ Date: _____

What we want more of: _____

ONE LAST PROMISE

WARRIOR COUPLE

7-DAY CHALLENGE COMPLETION

We showed up. We listened. We laughed. We reached for each other.
And we are choosing to keep building a relationship that feels alive.

PARTNER 1 _____

PARTNER 2 _____

COMPLETED _____

STRONGER TOGETHER • UNSTOPPABLE FOREVER

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A little surprise can reopen a door that everyday life quietly closed.

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