THE 30-DAY WARRIOR COUPLE CHALLENGE

Thirty intentional days together.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

WELCOME, WARRIORS

Thirty days. Thirty opportunities to choose connection on purpose. This challenge helps couples slow down, laugh again, communicate with intention, rediscover affection, and create rituals that can last beyond the workbook.

HOW TO USE THIS WORKBOOK

- [ ] Set aside 5–20 minutes each day.
- [ ] Do the challenge together whenever possible. If you miss a day, simply continue.
- [ ] Be honest without being harsh. Listen to understand.
- [ ] Respect boundaries and consent, especially around physical touch.
- [ ] Write something down each day.

OUR 30-DAY COMMITMENT

Partner 1 _____

Partner 2 _____

Start date _____

Finish date _____

Our intention for these 30 days:

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

DAY 1 • PUT DOWN THE ARMOR

Attention before answers.

TODAY'S CHALLENGE

- [ ] Put both phones away. Take three breaths. Ask what has been taking up space in your partner's heart. Listen without fixing.

COUPLE TALK

What helped you feel safest with me today?

WRITE IT DOWN

TOUCH & CONNECTION

Hold hands for one full minute.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 2 • MAKE ME LAUGH

Bring the playful version of you back.

TODAY'S CHALLENGE

- [ ] Create a silly relationship sitcom title, act out a funny memory, and give each other one ridiculous and one sincere compliment.

COUPLE TALK

When do you feel most playful with me?

WRITE IT DOWN

TOUCH & CONNECTION

Share a 20-second hug with no talking.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 3 • TOUCH WITHOUT PRESSURE

Make affection feel safe and wanted.

TODAY'S CHALLENGE

- [ ] Create a yes / maybe / not-today touch menu. Choose three comfortable touches and give them without asking for anything in return.

COUPLE TALK

> What kind of touch helps you relax around me?

WRITE IT DOWN

TOUCH & CONNECTION

Choose one affectionate touch you both enjoy.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 4 • DATE THE PERSON YOU ARE NOW

Stay curious about who your partner is today.

TODAY'S CHALLENGE

- [ ] Share something you are currently curious about. Design a 30-minute mini-date and put it on the calendar.

COUPLE TALK

> What part of you do you want me to notice more?

WRITE IT DOWN

TOUCH & CONNECTION

Hide a sweet note for tomorrow.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 5 • REPAIR LIKE WARRIORS

Find your way back after tension.

TODAY'S CHALLENGE

- [ ] Choose one small irritation. Each person says, “My part in this is…” Then use a repair phrase such as “Can we restart?”

COUPLE TALK

What helps you come back to me after tension?

WRITE IT DOWN

TOUCH & CONNECTION

Try a 90-second reset and a hand squeeze.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 6 • PLAY, FLIRT & CHOOSE EACH OTHER

Bring back anticipation.

TODAY'S CHALLENGE

- [ ] Create a Tonight We Choose menu: cozy, playful, adventurous. Pick one together and add one sincere statement of admiration or desire.

COUPLE TALK

What makes you feel wanted or pursued?

WRITE IT DOWN

TOUCH & CONNECTION

Use a look, note, kiss, or playful gesture.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 7 • NOTICE THE GOOD

Catch your partner doing something right.

TODAY'S CHALLENGE

- [ ] Actively notice three things your partner does well today. Tell them what you noticed.

COUPLE TALK

> What do you appreciate that I may not realize?

WRITE IT DOWN

TOUCH & CONNECTION

Give a spontaneous thank-you touch.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 8 • THE 5-MINUTE CHECK-IN

Make connection part of the routine.

TODAY'S CHALLENGE

- [ ] Ask: What felt good today? What felt hard? How can I support you tomorrow? Give each person uninterrupted time.

COUPLE TALK

Which question helped you open up?

WRITE IT DOWN

TOUCH & CONNECTION

End with a forehead kiss or hand squeeze.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 9 • REMEMBER US

Visit a memory that still makes you smile.

TODAY'S CHALLENGE

- [ ] Look at an old photo or tell a favorite early-relationship story. Share what you loved about each other then.

COUPLE TALK

What part of our beginning still lives in us?

WRITE IT DOWN

TOUCH & CONNECTION

Recreate a small gesture from early dating.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 10 • SURPRISE ME

Use thoughtfulness to create delight.

TODAY'S CHALLENGE

- [ ] Do one unexpected, low-cost kindness your partner would genuinely enjoy.

COUPLE TALK

What kind of surprise makes you feel seen?

WRITE IT DOWN

TOUCH & CONNECTION

Add a secret note, kiss, or hug.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 11 • COMPLIMENT THE CHARACTER

Admire who they are, not just what they do.

TODAY'S CHALLENGE

- [ ] Give three specific compliments about your partner's character, effort, resilience, kindness, humor, or growth.

COUPLE TALK

Which compliment landed most deeply?

WRITE IT DOWN

TOUCH & CONNECTION

Say it while looking into their eyes.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 12 • NO-PHONE DATE

Give each other your full attention.

TODAY'S CHALLENGE

- [ ] Spend 20–30 minutes together with phones out of reach. Talk, snack, walk, play, or simply sit together.

COUPLE TALK

What changed when the phones disappeared?

WRITE IT DOWN

TOUCH & CONNECTION

Stay physically close during the date.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 13 • ASK A BETTER QUESTION

Go beyond “How was your day?”

TODAY'S CHALLENGE

- [ ] Ask what your partner is looking forward to, worried about, or learning about themselves.

COUPLE TALK

Which answer surprised you?

WRITE IT DOWN

TOUCH & CONNECTION

Listen while gently holding their hand.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 14 • THE GRATITUDE ROUND

Say the things that often go unsaid.

TODAY'S CHALLENGE

- [ ] Take turns naming five things you are grateful for about your relationship or your partner.

COUPLE TALK

What do you want to remember to say more often?

WRITE IT DOWN

TOUCH & CONNECTION

Seal each gratitude with a kiss or hug.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 15 • TEAMMATE DAY

Remember that it is us versus the problem.

TODAY'S CHALLENGE

- [ ] Choose one ordinary task and do it together. Notice how cooperation changes the mood.

COUPLE TALK

> Where could we act more like teammates?

WRITE IT DOWN

TOUCH & CONNECTION

Celebrate the finished task together.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 16 • FLIRT LIKE STRANGERS

Bring back playful curiosity.

TODAY'S CHALLENGE

- [ ] Pretend you are meeting for the first time. Introduce yourselves, ask one intriguing question, and flirt without your usual routine.

COUPLE TALK

> What quality would make you choose me again?

WRITE IT DOWN

TOUCH & CONNECTION

Give your best first-date smile.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 17 • THE MEMORY GAME

See how well you still know each other.

TODAY'S CHALLENGE

- [ ] Separately write three favorite memories. Compare answers and tell the stories behind them.

COUPLE TALK

> Which memory did we remember differently?

WRITE IT DOWN

TOUCH & CONNECTION

Hold each other while sharing.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 18 • SAY WHAT YOU NEED

Make asking easier than guessing.

TODAY'S CHALLENGE

- [ ] Complete: “When I am stressed, what helps most is…” and “One thing I could ask for more directly is…”

COUPLE TALK

What can I do that feels supportive without taking over?

WRITE IT DOWN

TOUCH & CONNECTION

Offer the support with a gentle touch.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 19 • CELEBRATE A WIN

Make room for each other's victories.

TODAY'S CHALLENGE

- [ ] Each person names one recent win, however small. Celebrate it like it matters.

COUPLE TALK

> What kind of celebration makes you feel appreciated?

WRITE IT DOWN

TOUCH & CONNECTION

High-five, hug, dance, or kiss.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 20 • CREATE YOUR INSIDE JOKE

Build something that belongs only to you two.

TODAY'S CHALLENGE

- [ ] Invent a silly phrase, nickname, handshake, secret signal, or shared joke you can use all week.

COUPLE TALK

> What makes our private world special?

WRITE IT DOWN

TOUCH & CONNECTION

Use your new signal before bed.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 21 • SLOW DANCE

Let the pace of life slow down.

TODAY'S CHALLENGE

- [ ] Play one song and slow dance. No phones. No performance. Just be close.

COUPLE TALK

What did you notice when we slowed down?

WRITE IT DOWN

TOUCH & CONNECTION

Stay close for the whole song.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 22 • THE KINDNESS SWITCH

Give what your partner usually gives.

TODAY'S CHALLENGE

- [ ] Each person identifies one small thing the other often does and takes over that task today.

COUPLE TALK

> What effort from me makes your day easier?

WRITE IT DOWN

TOUCH & CONNECTION

Thank them with intentional affection.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 23 • TALK ABOUT FUN

Plan joy before it becomes an afterthought.

TODAY'S CHALLENGE

- [ ] List three things you both genuinely enjoy. Choose one to schedule within the next two weeks.

COUPLE TALK

What kind of fun have we been missing?

WRITE IT DOWN

TOUCH & CONNECTION

Make the planning itself playful.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 24 • RESTART A DREAM

Make space for something you once wanted.

TODAY'S CHALLENGE

- [ ] Share a dream, hobby, trip, project, or experience you would love to revisit. Choose one tiny next step.

COUPLE TALK

What dream do you want me beside you for?

WRITE IT DOWN

TOUCH & CONNECTION

Encourage each other with a hug.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 25 • THE 3-SECOND RULE

Choose connection in the moment.

TODAY'S CHALLENGE

- [ ] When you notice your partner, make eye contact for three seconds before returning to what you were doing. Repeat several times today.

COUPLE TALK

When did you feel most noticed?

WRITE IT DOWN

TOUCH & CONNECTION

Add a smile or quick kiss.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 26 • ASK FOR A HUG

Practice reaching instead of waiting.

TODAY'S CHALLENGE

- [ ] Ask directly for the connection you need: a hug, conversation, space, encouragement, or quiet company.

COUPLE TALK

What makes it easier for you to ask for what you need?

WRITE IT DOWN

TOUCH & CONNECTION

Give the requested connection without judgment.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 27 • FUTURE US

Picture the relationship you are building.

TODAY'S CHALLENGE

- [ ] Imagine yourselves one year from now. What do you hope is stronger, lighter, funnier, or more connected?

COUPLE TALK

> What should we start doing now for future us?

WRITE IT DOWN

TOUCH & CONNECTION

Hold hands while you picture it.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 28 • THE APPRECIATION LETTER

Put love into words.

TODAY'S CHALLENGE

- [ ] Write a short note beginning: “One thing I never want you to forget is…” Read it aloud if comfortable.

COUPLE TALK

What did you learn about your partner while writing?

WRITE IT DOWN

TOUCH & CONNECTION

Let the reading end in a hug.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 29 • OUR RELATIONSHIP RESET

Choose what stays after the challenge.

TODAY'S CHALLENGE

- [ ] Review the month. Name your favorite challenge, one habit to keep, one thing to improve, and one weekly ritual.

COUPLE TALK

What changed for us over these 30 days?

WRITE IT DOWN

TOUCH & CONNECTION

Finish with a 30-second embrace.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

DAY 30 • THE WARRIOR VOW

Celebrate and choose each other again.

TODAY'S CHALLENGE

- [ ] Write three commitments for the next 30 days. Celebrate finishing and decide what you want to keep practicing.

COUPLE TALK

What will we protect in our relationship from here forward?

WRITE IT DOWN

TOUCH & CONNECTION

Hold each other and breathe together.

Connection today	1 2 3 4 5 6 7 8 9 10
What I appreciated	_____

WARRIOR WISDOM

Small moments can change the direction of a relationship.

YOUR 30-DAY REFLECTION

Take your time. This is where the month becomes something you can carry forward.

MY FAVORITE CHALLENGE

Which day created the strongest moment of connection? Why?

WHAT CHANGED

What feels different in the way we talk, laugh, touch, or spend time together?

WHAT WE WANT MORE OF

Which behaviors or rituals do we want to repeat?

WHAT WE WILL WORK ON

What is one area we want to keep growing in together?

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

KEEP THE CONNECTION GOING

Choose a few tiny rituals to carry into the next month.

DAILY RITUAL

WEEKLY MINI-DATE

HOW WE RECONNECT AFTER CONFLICT

HOW WE KEEP PLAY & LAUGHTER ALIVE

One thing we promise to protect: _____

WARRIOR COUPLE

30-DAY CHALLENGE

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

SurpriseBoxxxes • Small moments. Stronger marriages.