

# 30 Day Marriage Challenge

[momwifewine.com](http://momwifewine.com)

1 Write a love letter to your partner

3 Clean the house

10 Give your spouse a compliment

17 Bake your partner's favorite dessert

24 Spend time just kissing

2 Make your partner's favorite meal

9 Wake up early and have coffee together

16 Send flirty text messages throughout the day

23 Surprise your spouse with their favorite treat or drink

30 Work on a project together

4 Plan a date night out

11 Dress nice for your partner

18 Plan a movie night and watch their favorite

25 Take cute or silly selfies together

5 Tell your partner how you feel about them

12 Talk about your favorite memories together

19 Pack your spouse a lunch and slip a love note in

26 Plan a date night in

6 Thank your partner for all they do

13 Give your partner a massage

20 Give your spouse two hours of alone time

27 Learn about your partner's love language

7 Turn off electronics for the night

14 Kiss your partner first thing after work

21 Create a playlist of your special songs

28 Ask your spouse what you can do for them

8 Tell your partner 3 things you love about them

15 Praise your spouse

22 Take over a task you know your spouse doesn't like

29 Lay in bed and just talk