

# The Five-Year Marriage™

## This is Not Your Mother's Marriage!

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### Twenty-eight Day Love Challenge

February is the “love month,” but too many couples, especially long-time couples and couples with children, get left out. This month you can get back in the game with this twenty-eight-day “Love Challenge.”

Do the daily challenges as a surprise for your sweetie - or you and your sweetie can choose to both do it with each other.

Whichever way you decide, keep a journal and jot down something every day – something short and sweet, like “he was surprised I did/said that and I could tell he liked it.”

1. Choose: When your 28-day challenge is successful, what will “success” look like for you?
2. Plan something special for Valentine’s Day – a reservation for dinner, or a getaway day or weekend, or find a place for your kids to stay and plan a special night at home.
3. Look your sweetie in the eyes and say “I love you” twice today. Notice the reaction.
4. Be polite. Throughout the month, make a point to say “please”, “thank you”, “you’re welcome” and “excuse me.” You probably did it all the time before...so bring politeness back into your relationship.
5. Say your sweetie’s name – lovingly – every time you have an interaction. We all love hearing our name. And get a Valentine card today before all the good ones are gone.
6. Make a list of 10 things you love about your sweetie to share on Valentine’s Day
7. Play a game together (board/cards/video) or put a jigsaw puzzle together.
8. Touch is very healing. Lovingly touch your sweetie’s arm or face when talking.
9. Take some time today to talk about when you and your sweetie met. Include something funny and something sweet (e.g. how excited you were)
10. Compliment your sweetie. Say something nice about the way s/he looks or does something.
11. Go out of your way to do something nice for your sweetie.
12. Write a thank-you note for all the things your sweetie does for you.
13. Buy a gift: a CD, flowers, etc. and give it to your sweetie today (instead of tomorrow).
14. Give your sweetie a soft kiss on the neck...let it linger...
15. Be a FLIRT! Maybe do something you did while dating but haven’t done lately.
16. Find a sunset nearby and watch it in the car with your sweetie while holding each other.
17. Notice something small and tell your sweetie how much you like it.

18. Call and invite your sweetie to meet you for a mid-week date.
19. Recognize one of your sweetie's accomplishments: "I really admire how you [x]. I appreciate it and it makes me feel proud of you."
20. Say "thank you" three times today...for three different things...and be specific. E.g. "thank you for getting the mail today."
21. Take out an old photo album/early pictures of you two, and reminisce over a glass of wine.
22. Kiss...and hold the kiss for at least 10 seconds.
23. Compliment your sweetie. Say something nice about the way s/he looks or does something.
24. Write a love note. Leave it where it will be seen unexpectedly (a pocket, lunch, dashboard).
25. Hold hands while watching TV.
26. Play "your song" before dinner and, over dinner, talk about why it was special to you two.
27. Have a conversation about your relationship and how far you've come together. Make a list of ten things you are both proud of as a couple.
28. Send a handwritten note to your sweetie and ask him/her to do this challenge again.
29. **LeapYearBonus:** It's Saturday...get a couple's massage, have a game night and play monopoly or scrabble or whatever your favorite game is. Then light some candles in the bedroom, put on some romantic music, and see where it takes you...

**Your "28-day Love Challenge" with the Leap Year Bonus is complete.**

**How did it go?**

**What changes did you notice?**

**What's one thing you will continue doing?**

**Remember: One of the benefits of The Five-Year Marriage™ is that it keeps both of you sweeties focused on each other and the relationship. Love – even in marriage – isn't a given. It needs to be fed, refreshed, stimulated and reinvigorated.**

**Interested in knowing more about The Five-Year Marriage™?**

**Learn more [FiveYearMarriage.com](http://FiveYearMarriage.com)**

**The Five-Year Marriage: Shifting the Marriage Paradigm**

**is available now in print and Kindle on Amazon**

**[tinyurl.com/fiveyearmarriage](http://tinyurl.com/fiveyearmarriage)**