



SPRINT
"A SET, SHORT PERIOD OF TIME DURING WHICH A TEAM WORKS TO COMPLETE A SPECIFIC, PREDETERMINED AMOUNT OF WORK."

MARRIAGE CHALLENGE: 30 Days to Pursue Your Wife Again

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| ☐ Day 1: Bring her flowers for no special reason. | ☐ Day 16: Tell her specifically how she has made your life better. |
| ☐ Day 2: Write her a handwritten note telling her three things you appreciate about her. | ☐ Day 17: Make a list of 20 things you love about her and read it aloud. |
| ☐ Day 3: Ask her, "How is your heart really doing?" Then listen without trying to fix anything. | ☐ Day 18: Watch her favorite movie without complaining. |
| ☐ Day 4: Pray with her before bed. | ☐ Day 19: Ask her, "What is one thing I can do to love you better this week?" |
| ☐ Day 5: Send her five texts throughout the day reminding her that you're thinking about her. | ☐ Day 20: Plan a surprise date. |
| ☐ Day 6: Do one household chore she normally does without being asked. | ☐ Day 21: Pray a blessing over her and speak life into her future. |
| ☐ Day 7: Take her on a coffee date. | ☐ Day 22: Write her a short love letter. |
| ☐ Day 8: Tell her the story of what first attracted you to her. | ☐ Day 23: Spend 30 minutes talking about nothing important, just enjoy each other's company. |
| ☐ Day 9: Give her a 10-minute shoulder or foot massage. | ☐ Day 24: Compliment her in front of others. |
| ☐ Day 10: Turn off your phone for one hour and give her your undivided attention. | ☐ Day 25: Recreate your first date or something close to it. |
| ☐ Day 11: Cook dinner or order her favorite meal. | ☐ Day 26: Buy her favorite snack, drink, or small treat. |
| ☐ Day 12: Share one area where you're growing as a husband and ask how you can improve. | ☐ Day 27: Share your favorite memory of your marriage. |
| ☐ Day 13: Leave encouraging sticky notes where she'll find them throughout the day. | ☐ Day 28: Ask forgiveness for something you've done poorly and pursue reconciliation if needed. |
| ☐ Day 14: Take a walk together and talk about your dreams for the next five years. | ☐ Day 29: Tell her what kind of legacy you want to build together. |
| ☐ Day 15: Look through old photos together and relive favorite memories. | ☐ Day 30: Renew your commitment. Hold her hands, look her in the eyes, and tell her: "If I had to choose all over again, I would still choose you." |



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Bonus Challenge

For all 30 days:

- **Give her a genuine compliment every day.**
- **Hug her for at least 20 seconds.**
- **Pray for her privately every day.**
- **Tell her “I love you” and explain why.**