



30 Day Marriage Challenge:

Make appreciation a habit

1 Ask your spouse: "Do you feel appreciated?"	2 Notice something small your spouse did	3 Thank your spouse for a character trait you love about them	4 Remember something big that you appreciate	5 Make a list of things you're thankful for
6 Hide the list for your spouse to find	7 Tell your kids why you're thankful for your spouse	8 Set an alarm on your phone to appreciate your spouse	9 Brag about your spouse to a friend	10 Use your spouse's love language to show gratitude
11 Thank your spouse for something they did this morning	12 Thank your spouse for something they did this afternoon	13 Leave a post it with a thank you note	14 Thank your spouse for something they did yesterday	15 Thank your spouse for something they did this evening
16 Thank your spouse for something small	17 Thank your spouse for something big	18 Thank your spouse for something in the past	19 Thank your spouse for loving you	20 Thank your spouse for always looking out for you
21 Thank your spouse for being an awesome parent	22 Thank your spouse for having faith in you	23 Thank your spouse for working so hard for the family	24 Thank your spouse for making you laugh	25 Thank your spouse for being there for you
26 Thank your spouse for their kindness	27 Thank your spouse for something small	28 Leave a post it with a thank you note	29 Thank your spouse for being your partner	30 Ask your spouse: "Do you feel appreciated?"