

Connect Again
Strengthening marriage after kids



30 DAY Reconnecting Challenge



30 DAY Reconnecting Challenge



Thank you so much for purchasing the 30 Day Reconnecting Challenge!

You live a busy life. Between work, the kids, and your never-ending to-do list, it can be easy to find yourself disconnected from your spouse. That's why I created this challenge.

You can do each day's tasks alone or with your spouse. They will make a difference in your marriage either way!

Page 4 of this pdf contains an overview of each day. The pages that follow will give you more details and a chance to journal your thoughts.

I created this challenge in a way that's easy to do whether you print out the challenge or not. You can use the journal prompts in your own notebook or journal. Feel free to save paper and ink if you want to! :)

If you do want to print this out, read the next page for some tips!





FAQ'S ABOUT PRINTING

Here are some commonly asked questions about the printing process.

Please feel free to reach out to me if you need additional assistance.

Q: What type of paper should I use for printing?

A: Plain printer paper works fine. If you want something durable, you can use cardstock or heavyweight matte paper.

Q: My printable is getting cut off when I print. What can I do?

A: Ensure that your printer settings are set to "fit to page" or "scale to fit."

Q: Why does the design look pixelated when I print?

A: Ensure you've downloaded the design in high resolution.



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30 DAY Reconnecting Challenge



Day 1

Reflect on your actions

Day 2

Talk about more than work and the kids

Day 3

Schedule a date

Day 4

Practice a conflict resolution strategy

Day 5

How does your spouse want you to communicate?

Day 6

Work on honesty

Day 7

Say thank you for something specific

Day 8

Apologize

Day 9

Choose to see the good

Day 10

Be present

Day 11

Start and end the day together

Day 12

Compliment your spouse

Day 13

Compromise on something

Day 14

Are you companions?

Day 15

Acknowledge your hard work

Day 16

Reflect on what's working

Day 17

Pray for your spouse

Day 18

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Day 19

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Day 20

How does your spouse define connection?

Day 21

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Day 22

Analyze your emotional intimacy

Day 23

Ask your spouse how they're feeling

Day 24

Make a list of things you're thankful for

Day 25

Connect when you're apart

Day 26

Schedule another date

Day 27

Have an at home date

Day 28

Consider your own needs

Day 29

Ask your spouse a fun question

Day 30

Reflect on what went well



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The following pages provide details for each of the 30 days in the challenge. Each day, you will find:

Instructions

Each day's task will be explained in this section.

Question to ask your spouse

The daily question type will vary. It might go with the theme of the day. Or it might not. If a particular day's task is extra challenging, I balanced it out with a lighthearted question.

Space for your thoughts

This is your space. But here are some suggestions:

Write down how you feel

Dissect what went well today

Make note of areas that need to improve

Highlight a task you enjoyed and want to make a habit out of



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DAY 1 INSTRUCTIONS AND JOURNAL

Day 1: Reflect on your actions

Instructions: It's time to own up to your actions. How have you contributed to the disconnection in your marriage?

It's hard to acknowledge your faults. But it's such a healthy way to begin this challenge. It allows you to recognize areas you need to work on and use that throughout these next 30 days.

Ask your spouse: What's your favorite thing about our marriage?

Use the space below to keep track of your thoughts.

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DAY 2 INSTRUCTIONS AND JOURNAL

Day 2: Talk about more than work and the kids

Instructions: Ask your spouse 5 questions today that focus on them. Make sure to listen attentively. Ask follow-up questions so you can turn it into a conversation.

You can use the questions above, buy some conversation starters, or come up with your own!

Ask your spouse: If we swapped roles for a day, what's the first thing you'd do?

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DAY 3 INSTRUCTIONS AND JOURNAL

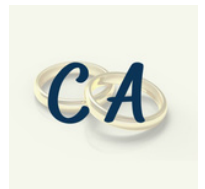
Day 3: Schedule a date

Instructions: Google fun things to do in your area or the best restaurants. Do something you both enjoy and make it a goal to schedule your next date.

Ask your spouse: What is the best date we've ever been on?

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DAY 4 INSTRUCTIONS AND JOURNAL

Day 4: Practice a conflict resolution strategy

Instructions: How often do you interrupt your spouse when they are speaking?

Practice not interrupting them when you are both happy and NOT in the middle of conflict. The more you practice this, the more likely it will become a skill can use when having an argument.

Ask your spouse: What areas of conflict resolution do we need to work on? (listening, communicating our feelings, calming ourselves down, etc)

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DAY 5 INSTRUCTIONS AND JOURNAL

Day 5: How does your spouse want you to communicate?

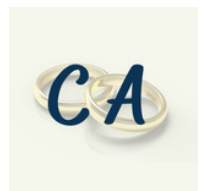
Instructions: We all have different communication styles. Ask your spouse this question: "How can I improve my communication with you?"

Your spouse might need some time to think about this. And that's fine!
By asking this question, you're showing your spouse you care.

Ask your spouse: What's your favorite dad joke?

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DAY 6 INSTRUCTIONS AND JOURNAL

Day 6: Work on honesty

Instructions: Are you completely honest with your spouse? Use this day to reflect on areas you have failed to be honest and own up to them.

Challenge yourself to always be honest with your spouse.

Ask your spouse: What's the most embarrassing things that's happened to you in front of our kids?

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DAY 7 INSTRUCTIONS AND JOURNAL

Day 7: Say thank you for something specific

Instructions: What's one thing your spouse did today that you're thankful for? I'm willing to bet you actually come up with more than one!

The more you look for something to be thankful for, the easier it'll become to notice.

Ask your spouse: What's the craziest thing we've ever done to avoid waking up the kids?

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DAY 8 INSTRUCTIONS AND JOURNAL

Day 8: Apologize

Instructions: Where have you faltered recently? Own up to it and apologize to your spouse.

Ask your spouse: If we could only watch one TV show together for the rest of our lives, what would it be?

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DAY 9 INSTRUCTIONS AND JOURNAL

Day 9: Choose to see the good

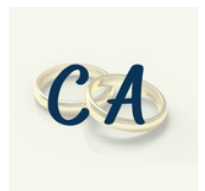
Instructions: How often do you focus on your spouse's faults or mistakes? Your spouse is a good person. That's why you married them.

Today, I want you to change your mentality and only focus on your spouse's good qualities and actions. You'll be amazed at how this changes your mindset!

Ask your spouse: If we had to survive a zombie apocalypse together, what would be our survival strategy?

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DAY 10 INSTRUCTIONS AND JOURNAL

Day 10: Be present

Instructions: Put your phone down and really focus on being present with your spouse today. Give your spouse the gift of your attention when you're with them today.

Ask your spouse: What gestures do you find to be the most romantic?

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DAY 11 INSTRUCTIONS AND JOURNAL

Day 11: Start and end the day together

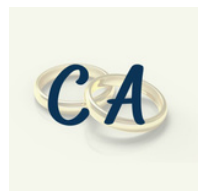
Instructions: Do you wake up and go to bed at different times? What's something small you can do to make sure you begin and end each day together?

It can be as simple as a kiss and an "I love you". Or as elaborate as waking up earlier to have breakfast together before the kids get up. Do what works for you.

Ask your spouse: How do you think our love has grown since we got married?

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DAY 12 INSTRUCTIONS AND JOURNAL

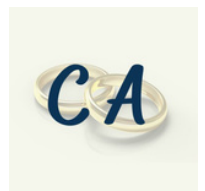
Day 12: Compliment your spouse

Instructions: What is something nice you say to your spouse today? You can compliment their actions, personality traits, or appearance.

Ask your spouse: What's your favorite way to unwind together after a long day?

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DAY 13 INSTRUCTIONS AND JOURNAL

Day 13: Compromise on something

Instructions: Do you have any ongoing disagreements with your spouse? Is there a way you can find a compromise together?

Try seeing the situation from their perspective. Your spouse will see the effort you are putting in to reconnect and will appreciate you for it.

Ask your spouse: What's one thing you appreciate most about our marriage?

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DAY 14 INSTRUCTIONS AND JOURNAL

Day 14: Are you companions?

Instructions: Do you consider your spouse to be your companion? Companionship in marriage is about being each other's best friend, confidant, and partner.

Take the day to think about how your spouse is your companion. Do you enjoy spending quality time together and sharing experiences?

Ask your spouse: What's a small gesture that never fails to make you feel loved?

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DAY 15 INSTRUCTIONS AND JOURNAL

Day 15: Acknowledge your hard work

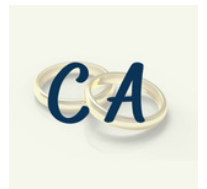
Instructions: You and your spouse both put a lot of work into your marriage. Today, I want you to think about what each of you does to make your marriage work.

Remember that even the smallest things contribute to a successful marriage. Acknowledge them. Praise your spouse for them.

Ask your spouse: What's one romantic gesture you've always wanted to receive from me?

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DAY 16 INSTRUCTIONS AND JOURNAL

Day 16: Reflect on what's working

Instructions: Now that you're halfway through the challenge, what has gone well? Make a list of things you liked and would like to continue. Ask your spouse to contribute to this list too.

Ask your spouse: What's the most challenging part of being married with kids?

Use the space below to keep track of your thoughts.

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DAY 17 INSTRUCTIONS AND JOURNAL

Day 17: Pray for your spouse

Instructions: Prayer is a powerful thing. Pray for your spouse. Pray for your marriage. Ask God to help guide you toward reconnection with your spouse.

If you're not religious, do this instead: grab a paper and pen. Write down all of your hopes and dreams for your spouse. Taking the time to think about this will strengthen your desire for your spouse to thrive.

Ask your spouse: What are your biggest dreams and how can I support you in achieving them?

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DAY 18 INSTRUCTIONS AND JOURNAL

Day 18: Start a new hobby

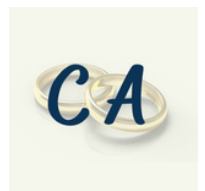
Instructions: Make a list of things you enjoy doing. What things do you enjoy doing with your spouse? What is something you can start doing together that you would both enjoy?

Remember that this doesn't need to be difficult. It can be as simple as having afternoon coffee together on the weekends. You can use the time to talk and reconnect.

Ask your spouse: How do you think our upbringing has influenced the way we approach our marriage?

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DAY 19 INSTRUCTIONS AND JOURNAL

Day 19: Go on a walk

Instructions: Go on a walk together and talk. Take in the sights and sounds. Really be present with your spouse.

This one is easy to incorporate your kids into. Strollers and bikes are a great way to help them keep up. Just make sure to talk to your spouse.

Ask your spouse: What's 1 challenge we've faced in our marriage that you're proud we overcame?

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DAY 20 INSTRUCTIONS AND JOURNAL

Day 20: How does your spouse define connection?

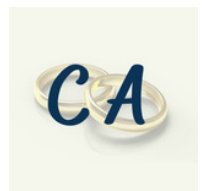
Instructions: Today, I want you to ask your spouse these questions: "How do you define connection in our marriage? What does it look like to you?"

This is important because you need to know if you have different ideas when it comes to defining connection. Something may work for you that doesn't for your spouse. Understanding where they are coming from will help you make decisions.

Ask your spouse: What's something about me that you're still curious to know more about?

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DAY 21 INSTRUCTIONS AND JOURNAL

Day 21: Do something romantic

Instructions: Bring some romance back into your marriage. Think about things that make your spouse feel special.

It can be as simple as cooking their favorite meal while they soak in the bubble bath you prepared for them.

Ask your spouse: How do you envision our future together over the next 10 years?

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DAY 22 INSTRUCTIONS AND JOURNAL

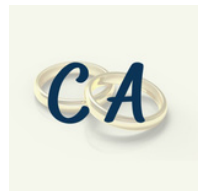
Day 22: Analyze your emotional intimacy

Instructions: Does your marriage lack emotional intimacy? Is there any room for improvement? Take the day to think about how you and your spouse connect emotionally.

Ask your spouse: What's one thing you admire about the way we parent together?

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DAY 23 INSTRUCTIONS AND JOURNAL

Day 23: Ask your spouse how they're feeling

Instructions: How is your spouse doing today?

I know you're busy. But take the time to really understand how your spouse is feeling today. Make your spouse feel seen.

Ask your spouse: Do we spend enough time together?

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DAY 24 INSTRUCTIONS AND JOURNAL

Day 24: Make a list of things you're thankful for

Instructions: What aspects of your marriage are you truly grateful for? What qualities do you appreciate in your spouse?

Take your time with this one. I suggest starting this at the end of the day and noticing the little things.

Share your list with your spouse at the end of the day.

Ask your spouse: What are the healthiest boundaries we have put in place? (either in our marriage or our lives in general)

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DAY 25 INSTRUCTIONS AND JOURNAL

Day 25: Connect when you're apart

Instructions: Any time you and your spouse are apart today, make an effort to connect. Send a sweet text letting them know you're thinking about them.

Ask your spouse: What's one moment in our relationship that you wish you could relive?

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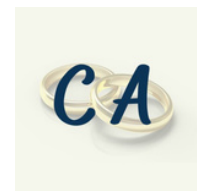
DAY 26 INSTRUCTIONS AND JOURNAL

Day 26: Schedule another date

Instructions: Regular dates may not be feasible for some budgets. Even if your next date isn't for another 3 months, it'll give you both something to look forward to.

Ask your spouse: What's the most romantic date we've ever been on?

Use the space below to keep track of your thoughts.



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DAY 27 INSTRUCTIONS AND JOURNAL

Day 27: Have an at home date

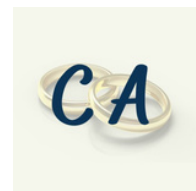
Instructions: Put the kids to bed and do something you enjoy together. The trick here is to set the mood: candles, relaxing music, good food, and a special drink.

Anything that feels special to the two of you will do wonders for your evening!

Ask your spouse: What's your favorite memory from our wedding day?

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DAY 28 INSTRUCTIONS AND JOURNAL

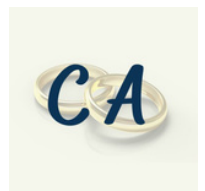
Day 28: Consider your own needs

Instructions: Don't neglect yourself. When your needs have been met, you'll be able to focus on others better.

Ask your spouse: If you could have an unlimited supply of one snack food, what would it be?

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DAY 29 INSTRUCTIONS AND JOURNAL

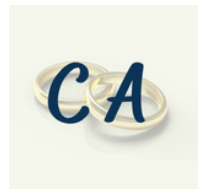
Day 29: Ask your spouse a fun question

Instructions: Ask your spouse something random and fun. Start a fun dialogue. No talking about work and the kids!

Ask your spouse: What kind of teenager were you like? Were you rebellious or did you follow the rules?

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DAY 30 INSTRUCTIONS AND JOURNAL

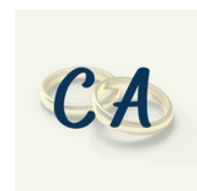
Day 30: Reflect on what went well

Instructions: What went well during this challenge? Did anything help you feel more connected to your spouse? (There are more reflection questions on the next page if you'd like to dive a little deeper!)

Do more of what worked and you'll find that connecting with your spouse becomes a lot easier!

Ask your spouse: If you could live in any fictional world from a book or movie, which one would it be and why?

Use the space below to keep track of your thoughts.

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30 DAY Reconnecting Challenge



REFLECTION

What went well?

What didn't seem to work well? Why?

What habits did you pick up that you'd like to continue?

What did your spouse seem to like? (Feel free to ask!)



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I'm so unbelievably happy you took the time to work on your marriage through my 30 Day Challenge!

**I'd love to hear what you thought! Email me at:
melissa@connect-again.com**

