

# 3 COMMIT

# 30 FOR 30 ✓ SHOW YOUR LOVE CHALLENGE

When life gets busy sometimes we forget to show our love to our partners or significant others. If you are looking for some simple ways to connect and show your love and appreciation this month, join us for our Show Your Love Challenge. If you don't have a partner right now, take some time each day to show yourself some love and self-care.




1 WRITE A LIST OF 10 THINGS YOU LOVE ABOUT YOUR PARTNER. GIVE IT THEM. 

2 BRING THEM COFFEE IN BED.  

3 BAKE THEIR FAVORITE TREAT. 

4 PLAN A FUN ACTIVITY/OUTING TOGETHER. 

5 MAKE OUT.  

6 SCHEDULE A DATE NIGHT. MAKE IT HAPPEN. 

7 PRINT OUT AND FRAME A PHOTO OF THE TWO OF YOU FOR YOUR PARTNER'S DESK. 

8 PUT ON SOME TUNES AND DANCE. 

9 WATCH YOUR WEDDING VIDEO OR LOOK AT PHOTOS OF WHEN YOU FIRST MET. 

10 LOOK AT THE STARS TOGETHER. 

11 GIVE YOUR PARTNER A BACK MASSAGE.

12 MAKE OUT. 


13 MEET FOR A MID-WEEK LUNCH DATE. 

14 GIVE YOUR PARTNER YOUR UNDIVIDED ATTENTION. 

15 DO SOMETHING FOR YOUR PARTNER THAT THEY USUALLY TAKE CARE OF. 

16 LEAVE YOUR PARTNER A LOVE NOTE. 

17 MAKE YOUR PARTNER LUNCH.

18 SEND YOUR PARTNER TEXTS TELLING THEM HOW MUCH YOU LOVE THEM. 


19 GIVE YOUR PARTNER A GENUINE COMPLIMENT. 

20 BRING YOUR PARTNER BREAKFAST IN BED. 

21 LOOK THEM IN THE EYE AND TELL THEM YOU LOVE THEM. 


22 BUY YOUR PARTNER A SMALL GIFT. 

23 MAKE OUT. 

24 ENCOURAGE YOUR PARTNER TO GO OUT WITH THEIR FRIENDS. 

25 SIGN UP FOR A FUN CLASS TOGETHER.

26 COOK THEM THEIR FAVORITE HOME COOKED MEAL. 

27 PLAN A MOVIE NIGHT IN WITH YOUR PARTNER'S FAVORITE FLICK AND SNACKS. 

28 PLAN A SURPRISE DATE NIGHT. 

29 MAKE OUT. 

30 MAKE OUT SOME MORE. 