

Spark Your Love Challenge

1. Identify 2 things we love to do together.
2. How often have we done these in the past 6 months?
3. If we did these things more often would it help our relationship?
4. In what way? Be specific. Give examples.
5. Look at both calendars and book the times for quality love, fun, and connection.
6. Guard that sacred time. Follow through and be present to maximize the experience. Allow for rare exceptions for cancellation with understanding.

Use these as your guide but feel free to add another question if you both agree on it.