

## Feb/March 30-DAYS OF HONOR CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9—Give spouse a sincere compliment	10—Tell your spouse 1 thing you appreciate about them	11—Thank your spouse for two things they did	12—Tell spouse what makes you proud of them	13—Hide a love note for your spouse to find today
14—Do a chore that your spouse usually does	15—Give your spouse a 6 second hug two times	16—Call your spouse to talk about special memory	17—Tell spouse 3 ways they make you happy	18—Tell spouse two things you admire in them	19—Give spouse a sincere compliment	20—Let spouse know 2 ways they make you happy
21—Give your spouse a small gift you know they'd like	22—Mail your spouse a card of some kind	23—Give your spouse the last bite of ice cream	24—Tell your spouse 1 thing you respect about them	25—give your spouse a back rub or massage	26—Say thank you to your spouse 3 times today	27—Name one way you find spouse attractive
28—Talk 20 minutes about something you both enjoy	1—Praise your spouse for one thing they do for the family	2— Describe 1 thing you enjoy watching your spouse do	3—Share 1-2 benefits of being married to <i>your</i> spouse	4—Describe how much you appreciate your spouses support	5—Recall and share a time you found romantic	6—Do a chore for your spouse
7—Talk about something you accomplished together	8—Tell your spouse about a trait you really like	9—Enjoy one another's company & a 20-min talk	10—Celebrate completing the 30 days of honor challenge. Celebrate any way you like— Be creative!!			

Calendar compliments of Honor.Grace.Celebrate.—Helping families become celebrating communities of honor and grace. Find out more at [www.honorgracecelebrate.com](http://www.honorgracecelebrate.com) or join us on FACEBOOK.

## Feb/March 30-DAYS OF HONOR CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9—Give spouse a sincere compliment	10—Tell your spouse 1 thing you appreciate about them	11—Thank your spouse for two things they did	12—Tell spouse what makes you proud of them	13—Hide a love note for your spouse to find today
14—Do a chore that your spouse usually does	15—Give your spouse a 6 second hug two times	16—Call your spouse to talk about special memory	17—Tell spouse 3 ways they make you happy	18—Tell spouse two things you admire in them	19—Give spouse a sincere compliment	20—Let spouse know 2 ways they make you happy
21—Give your spouse a small gift you know they'd like	22—Mail your spouse a card of some kind	23—Give your spouse the last bite of ice cream	24—Tell your spouse 1 thing you respect about them	25—give your spouse a back rub or massage	26—Say thank you to your spouse 3 times today	27—Name one way you find spouse attractive
28—Talk 20 minutes about something you both enjoy	1—Praise your spouse for one thing they do for the family	2— Describe 1 thing you enjoy watching your spouse do	3—Share 1-2 benefits of being married to <i>your</i> spouse	4—Describe how much you appreciate your spouses support	5—Recall and share a time you found romantic	6—Do a chore for your spouse
7—Talk about something you accomplished together	8—Tell your spouse about a trait you really like	9—Enjoy one another's company & a 20-min talk	10—Celebrate completing the 30 days of honor challenge. Celebrate any way you like— Be creative!!			

Calendar compliments of Honor.Grace.Celebrate.—Helping families become celebrating communities of honor and grace. Find out more at [www.honorgracecelebrate.com](http://www.honorgracecelebrate.com) or join us on FACEBOOK.