

30 DAY CHALLENGE - LOVE

"You always gain by giving love." -Reese Witherspoon

DAY 1 write + hide a sweet love note	DAY 2 take a walk while holding hands	DAY 3 give 5 compliments today	DAY 4 talk about your favorite memories	DAY 5 spend some time together w/out phones	DAY 6 play a game together
DAY 7 take a bubble bath together	DAY 8 give a favorite treat or candy bar	DAY 9 give a massage	DAY 10 recreate your first date	DAY 11 deliver to work or have lunch together	DAY 12 talk about your day w/out any distractions
DAY 13 cuddle on the couch	DAY 14 send a Thinking Of You text	DAY 15 wear something sexy to bed	DAY 16 try something new together	DAY 17 make + serve breakfast in bed	DAY 18 plan a fun date night
DAY 19 give surprise kisses throughout the day	DAY 20 make their favorite dinner	DAY 21 give a small surprise gift	DAY 22 give a foot rub after work	DAY 23 post a picture of the 2 of you on social media	DAY 24 leave a love note on a pillow
DAY 25 grab ice cream or hot cocoa together	DAY 26 send a romantic Good Morning text	DAY 27 cook a meal together	DAY 28 make + give a 5 Things I Love About You list	DAY 29 look through old pictures of the 2 of you	DAY 30 slow dance together

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