

# The Relationship Ritual CHALLENGE

Strengthen your relationship by doing each of these 3 rituals everyday for 22 days.

## 1 Say Hello/Goodbye

Develop a way to say good bye and hello for when you part and when you return together. Make a point to do this each time you part and come back together each day.

## 2 Loving Touch

Kiss or Hug once a day for a minimum of 7 seconds. This does not mean a peck or a little squeeze. Put some passion into it. Focus on how nice it feels to be close.

## 3 Couple Conversations

Spend 10 – 15 minutes each day talking about what is going on in your lives, how you are feeling about things, or something that happened that day.

After you have successfully completed these 3 rituals for the day, mark the day off of the chart below. You are one step closer to a stronger, more connected relationship!

|                               |    |    |                           |    |    |    |
|-------------------------------|----|----|---------------------------|----|----|----|
| 1<br><i>Let's get started</i> | 2  | 3  | 4                         | 5  | 6  | 7  |
| 8                             | 9  | 10 | 11<br><i>Wow half way</i> | 12 | 13 | 14 |
| 15<br><i>Almost there</i>     | 16 | 17 | 18                        | 19 | 20 | 21 |
| 22<br><i>We made it</i>       |    |    |                           |    |    |    |

For more thoughts and advice on relationships, visit Jennifer at [www.whenitscomplicated.com](http://www.whenitscomplicated.com)