

THE “STOP BEING BORING” CHECKLIST

This is your loving wake-up call.

If your relationship feels predictable...

It's because it is.

Attraction doesn't disappear overnight. It slowly fades when nothing changes. Let's fix that.

Presence & Communication

- I actually listen when they talk
- I put my phone down when we're together
- I don't assume they already know how I feel
- I don't let everything turn into logistics

Effort & Energy

- I put in effort with how I show up (not just expect them to)
- I bring positive energy instead of stress every time
- I'm not just reacting—I'm contributing
- I actually try

- I initiate plans instead of waiting
- I do small things that show I care
- I don't treat comfort like an excuse for laziness

Keeping It Interesting

- I bring new ideas into the relationship
- I don't rely on the same routine every week
- I suggest doing something different at least once a week
- I create moments—not just exist in them

Attraction & Playfulness

- I flirt (yes, still)
- I keep things playful
- I make them feel wanted—not just there
- I put effort into how I look sometimes (yes, it matters)
- I keep some mystery and independence

Your Dating UnExpert Advice

Boring relationships don't just happen.
They're built, slowly, by two people who stop trying.