

THE 7-DAY CONNECTION CHALLENGE

SIMPLE WAYS TO REIGNITE YOUR BOND



WHY THIS RESOURCE?

Many couples want to strengthen their connection but don't always have the time (or energy) for long, deep conversations. This fun and easy challenge helps couples reconnect in just a few minutes per day with lighthearted, practical activities.

HOW TO USE THIS RESOURCE:

- ✦ Print it out and place it somewhere visible.
 - ✦ Challenge each other to complete all 7 days!
 - ✦ If you love it, repeat the challenge next month with new ideas.
- ♥ Connection doesn't have to be complicated—sometimes, the smallest moments bring us the closest.





THE 7-DAY CONNECTION CHALLENGE

💡 Each day, do one small action together that boosts intimacy, laughter, and teamwork.

DAY 1: THE COMPLIMENT SWAP

Tell each other one unexpected compliment today—something beyond looks or common praises.

DAY 2: THE 6-SECOND HUG RULE

Science says a 6-second hug releases oxytocin (the bonding hormone).

Today, make every hug last at least 6 seconds!

DAY 3: THE THROWBACK MOMENT

Reminisce on a favorite early memory from your relationship.

Bonus points if you can recreate it somehow!

DAY 4: THE NO-PHONE MEAL

Have one meal with zero screen time and 100% focused conversation—no distractions, just you two.

DAY 5: THE RANDOM ACT OF KINDNESS

Do one small, thoughtful act for your partner today—a chore, a coffee, a little surprise, or a sweet text.

DAY 6: THE 'WHAT IF' GAME

Ask fun hypothetical questions to spark laughter and connection:

If we won the lottery, what's the first thing we'd do?

If we could take a spontaneous trip anywhere, where would we go?

If we could redo our first date, what would we change?

DAY 7: THE 'GRATITUDE REFLECTION'

Before bed, tell each other one specific thing you appreciate about your relationship this week.