

# 21 Day Marriage Press

| Day  | 1       | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|--|---------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| Day of Week  | Monday  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Date   | 7/25/16 |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Pray for our marriage                              |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Do an act of kindness for my spouse                |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| <u>Power3</u> – Thank You, I Love You, & I’m Sorry |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| 5 minute face to face (incl. pray together)        |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Txt or call my spouse (with no agenda)             |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Gentle Physical Touch                              |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
| Record 3 Blessings (in small notebook)             |         |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |

**Measure your progress after 21 days:**

Has your love and affection for your spouse increased? Y or N

Do you find yourself thinking about your spouse more throughout the day? Y or N

Has your irritation or anger with your spouse decreased? Y or N

Are you more aware of your spouse’s day to day sacrifices or contributions to your family? Y or N

Has your desire to express your love to your spouse intimately increased? Y or N

Please document other changes you notice?

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