



12 Days of
CHRISTMAS
challenge

COUPLES ADDITION

THE MARRIAGE SUPPORT GROUP

Day 12

FIRESIDE KICK-OFF

Build a makeshift indoor fireplace with flickering candles, throw on some festive tunes, and snuggle up as you enjoy the warmth of the season and each other's company.

Discuss any gifts you still might need to buy, gatherings you need to prepare for, and even your plans and hopes for the future.

Exchange heartfelt letters or messages expressing your gratitude and love.

Let's kick-off these next 12 days with clarity, communication, and connection.

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Day 11

MEMORY LANE

Take a stroll down memory lane. Share and reminisce about a special moment in your relationship.

This could be your first date, the day you met, or any other cherished memory.

Begin the challenge with a cozy night in, surrounded by the soft glow of twinkling lights and the scent of evergreen.

Share your favorite holiday memories and kick off day two of the festivities with a heartfelt toast.

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Day 10

GRATITUDE GALORE

Share three things you're grateful for about your partner.

It can be as simple as a gesture or a personality trait.

Share while holding one another's hands and looking into one another's eyes.

After sharing, take a moment to reflect on each other's words.

This pause allows the expressions of gratitude to sink in and deepen the emotional impact

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Day 9

CHRISTMAS THEATRE TUESDAY

Create a cozy movie night with a selection of your favorite Christmas movie.

Whether it's heartwarming classics or quirky comedies, snuggle up and enjoy the holiday magic on screen.

Include hot cider, popcorn, snacks, or sweeten things up with some holiday baked goods.

Relax and enjoy the calm before the storm.

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Day 8

WISHLIST WEDNESDAY

Create a joint wish list for Christmas.

If this does not apply, create a list for the new year.

Discuss your individual aspirations, dreams, and goals.

Conclude with a sweet moment, be it a kiss, embrace, or quiet togetherness.

This exercise aims to cultivate a profound appreciation for one another, strengthening the bond between you and your partner.

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Day 7

THOUGHTFUL THURSDAY

Surprise your partner with a small, thoughtful gesture.

It could be a handwritten note, a favorite snack, or anything that shows you've been thinking about them.

The key is to focus on gestures that reflect your partner's interests and make them feel seen and cherished.

It's not about the size but the sentiment.

Take time to reflect and appreciate each other's efforts.

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Day 6

FUN-FILLED FRIDAY

Plan a fun activity or date night.

It could be something you used to enjoy together or a new experience.

The goal is to inject some laughter and joy into your relationship.

Access our Date Night Club for ideas or download our 30 Date Night Ideas ebook.

Take time to reflect and appreciate time with one another.

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Day 5

SPICE IT UP SATURDAY

Try something new in the bedroom.

This could be a new intimate activity, a change in routine, or even just setting a romantic ambiance.

Light candles, prepare chocolate-covered strawberries, create a playlist...

The aim is to reignite the spark.

Take time to listen to what your spouse wants, likes, and desires.

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Day 4

STARLIT SERENADE SUNDAY

Take your date night outdoors for stargazing.

Bundle up under cozy blankets, sip on hot cocoa, light a fire, and enjoy the peacefulness of the winter night sky together.

Gaze on the stars as you listen to the crackling of the firepit.

Take time to express gratitude, and talk about the last 7 days and what they've meant to you both.

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Day 3

MISTLETOE MAGIC MONDAY

Create your own mistletoe moment by surprising your partner with a sweet kiss in unexpected places throughout the day.

Extra points for creativity – think doorways, under the holiday wreath, or even during a festive cooking session.

Embrace your playful spirit and allow the stresses of the holiday season to melt away with each SMOOCH.

Allow for silly interactions and enjoy one another's efforts.

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Day 2

TREAT YOURSELF TUESDAY

Indulge in a self-care evening together.

Whether it's a spa night, a favorite meal, or simply relaxing with a good movie, prioritize self-care and enjoyment as a couple.

Encourage one another to embrace this moment and refuel for the upcoming festivities.

Later, take time to express gratitude and acknowledge the benefits you feel from taking a moment to treat yourself with love and kindness.

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Day 1

WINTER WONDERLAND WALK WEDNESDAY

Before the hustle and bustle, bundle up and take a stroll through a local park or your festively decorated neighbourhood.

Enjoy the enchanting sights, share childhood winter stories, and maybe even have a friendly snowball fight.

Or drive to an outdoor, seasonally decorated venue and explore the decorations and enchanting light show.

Stop for hot chocolate or end the night warming up in a hot tub or bubble bath as you prepare for the big day...

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Now What?

JOIN SPEAK LOVE

Don't stop now!

If you're ready to build an amazing and connected marriage, full of laughter and enjoyment, check out My Love Manual.

Speak Love is our foundational course and focuses on effective communication, understanding and loving self, building genuine connection, and igniting a deep, profound love.

Renew your relationship with our interactive workbooks created to open doors, and deepen conversations!

It's time.

www.marriagesupportgroup.com

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