

Couples Reset Challenge (7 Days)

This 7-day challenge is designed to help couples reset their connection with small daily actions. Each task takes only a few minutes but builds lasting closeness over time.

Day	Challenge
Day 1	Share a six-second hug. Hold it long enough to feel your bodies relax.
Day 2	Tell your partner one thing you appreciate about them.
Day 3	Take a five-minute walk together without phones or distractions.
Day 4	When tension rises, use a diffuser phrase such as 'Maybe so' or 'I'll think about that.'
Day 5	Share one hope or dream you have for the future.
Day 6	Write down your top three triggers and swap lists. Discuss gently.
Day 7	Create your own 'pause phrase' together and agree to use it next time things heat up.

Tip: Celebrate finishing the challenge with a small reward together — a special meal, a walk, or quiet time. Repeat the challenge anytime you want to refresh your connection.