

30 Day Reconnect

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day 1: Text your partner something flirty while they're out or at work.	Day 2: Light a candle at dinner – even if it's takeout.	Day 3: Sit close while watching TV. No scrolling. Just non-sexual affection.	Day 4: Say "I'm grateful for you because..." and fill in the blank.	Day 5: Hug for 20 seconds – no talking.	Day 6: Send a playful pic/GIF mid-day.	Day 7: Kiss each other like you did the first time.
Day 8: Take turns asking each other "What's been on your heart lately?"	Day 9: Slow dance in the kitchen to a favorite song.	Day 10: Leave a little love note in a place they will find it.	Day 11: Get silly! Try a TikTok or inside joke reenactment.	Day 12: Whisper something spicy in their ear before bed.	Day 13: Each share a memory that made you fall for one another.	Day 14: Shower together with no agenda.
Day 15: Make a list of your top 5 favorite physical traits about each other.	Day 16: Spend 15 minutes cuddling – clothes stay on.	Day 17: Surprise them with their favorite treat or drink.	Day 18: Take a walk together. Hold hands.	Day 19: Watch a sexy/romantic movie together – see where it leads.	Day 20: Tell them what you're nervous or insecure about lately.	Day 21: Play a game together. Just the two of you.
Day 22: Ask "What's something you'd love for me to try in bed?"	Day 23: Revisit your first date. Dress up and recreate it.	Day 24: Share a fantasy – no pressure, just conversation.	Day 25: Hold eye contact for 60 seconds. (yes, it's awkward. Try it.)	Day 26: Cook dinner together.	Day 27: Set a timer for a 3-minute make-out session. Bet you can't stop.	Day 28: Watch old videos or scroll photos of happy memories together.
Day 29: Ask "When do you feel most connected to me?"	Day 30: Write each other a love letter. Exchange them tonight.					

"Intimacy isn't built in grand gestures. It's woven through small, intentional moments of love."

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