




30 DAYS OF CONNECTION

heart  crate

We crave meaningful relationships that fill us and make our lives even better. But how do we create these kinds of relationships when it seems life is so full for us? It is said that it is quality time over quantity time. Right? And if we take the time to have these “meaningful connections,” what do we do with this time?

Below are 30 ways for 30 days to try out and see what develops over time. You don’t have to do them in order, but you can. Know there is no wrong way to do any of these. Surprise your partner with a few and then invite them to help you choose. Maybe it’s a way to start living your relationship intentionally and with more fun!

Studies show that the more time we spend with another and the more vulnerable we are with them, the more we are able to create relationships that are deeper and more meaningful. Try these ways to engage and see the magic for yourself.

DAY 1

Small Acts of Kindness

Pack a lunch or make their favorite snack, wash the car, make special breakfast (like pancakes with funny faces)

Since Joe and I have been working from home, he makes me breakfast in the mornings. It's been super sweet, not expected, and very much appreciated!





DAY 2

Coffee Chats

Go to work a littler later and snag coffee with your partner, or choose a day that you can keep regularly. Sometimes Joe and I do this in the mornings before we go to the gym. And there are some days we go instead of the gym. It's a quiet time to get away from the hustle and bustle of things. Our coffee chats can have conversation or not. Sometimes we just enjoy being in the presence of each other. Not a coffee fan? Then maybe ice cream or the book store or a park? The main idea is to have regular time together.

DAY 3

Eye Gazing

Stare into each other's eyes without looking away for three minutes. To make it easier, look into each other's left eye and allow whatever comes up to come up. If you're uncomfortable, then so be it. If there is laughter, that is okay too. There is no wrong way to feel. The eyes truly are "windows to the soul," and much can be seen and felt if we stop to take a minute or two. The goal is five minutes. Soon, this practice will feel natural, and you will begin to feel a deeper connection more quickly the more you do it.





DAY 4

Compliment Your Partner

Compliment your partner in front of people today. It could be your kids, grandkids, co-workers, friends. Watch them beam and light up. **BONUS:** Do it all week. This is honoring your partner's brilliance!

Honoring them helps your relationship with your partner and with others. Soon everyone is cheering your relationship on, and your partner is living up to that brilliance.

DAY 5

Cook for Your Partner

Cook or bake for your partner today. If you usually do this, maybe you could make their favorite meal or dessert. Or, you can learn to make something new that has their favorite ingredients. **BONUS:** Do it on a day you can both savor the meal and the moment.

Don't forget to pour in the love. Somehow meals just taste better when they're filled with the energy of love.





DAY 6

Random Holidays

Make up a random holiday and celebrate it with your partner. I came across a book called “I am in Charge of Celebrations”, by Byrd Baylor, in which she makes up random holidays to celebrate all year. This fun practice has you focus on things to honor and appreciate, and it gives you something to look forward to celebrate. Some of her ideas are: Triple Rainbow Day, Coyote Day (a day she saw a coyote); Dust Devil day, etc. Some ideas you can think about: What day did you buy your house?

DAY 7

Favorite Qualities

Make a list of your favorite qualities of your partner (inside and outside). **BONUS:** Make a list of at least 10. If you put it on special paper, they can hang it somewhere they can see it all the time. Can you imagine how they will feel seeing those qualities every day? What will they focus on then?

A few times I've listed these qualities on the mirror so that every morning Joe could see them as he was getting ready. Sometimes I use a dry erase marker, and sometimes I use heart sticky notes





DAY 8

Nicest Thing

Tell your partner the nicest thing they did for you today. This takes a little planning and forethought to direct your focus on the “nicest” thing. I tell you what, this praise goes a l-ooooooooo-ng way for your partner. It gives them a forcefield to block out some of the negativity in the world. Lather them up with praise baby!

DAY 9

Favorite Snack/Drink

Sometimes it's kind of fun to surprise them with their favorite snack or drink. **BONUS:** Give it a "sexy presentation." Stretch your imagination, and if you get stuck, you can email me: Marie@MariesGold.com





DAY 10

Notes, Notes, and More Notes

There are never too many notes. Write a bunch of sticky notes and cover their car inside or outside. Put them in their shoes or socks or randomly around the house or office. **Bonus:** Write 10 or more.

DAY 11

Frame Your Favorite Picture

Find one of your favorite pictures and frame it. You can put it on their desk or the fridge or another place where it stands out. **BONUS:** Find a nearby photo booth and take a series of laughing/smiling pictures.

Joe puts pictures of all of us on his desk so that when he has a particularly difficult day, he is reminded of how blessed he is.





DAY 12

Send a Greeting Card

Send your partner a greeting card, either through the mail or an e-card. A great service is “Sendout” cards. My friend, Colleen Delrosa, can get you connected. This service makes personalizing your card simple. Upload an image and add text... maybe words of appreciation/affirmation. Miles of smiles! Another service to keep in mind is Someecards.com. **BONUS:** MAKE A CARD AT HOME!

On various occasions, I have received photo cards of Joe and I together doing something fun or even just us together in the moment. It warms my heart, especially during those rough moments. I put them on my mirror so I can see them in the mornings.

DAY 13

Take a Walk

It can be a noticing walk. What's special about this season? Are there leaves falling? What kind of flowers are out? Is there something special about a neighbor's yard? Do you notice something funny, or unusual, or out of place? You can make it a game. **BONUS:** Make it a scavenger hunt where you have to find certain items along the way. Look for something bumpy; something yellow; something smelly. Imagination is the limit.

Joe and I go for walks often after dinner. The evening is cool, and we can wind down from the day. It gives us time to check in with each other, and sometimes be playful together.





DAY 14

EMAIL YOUR PARTNER A HAPPY MEMORY OF YOU TOGETHER

The great news is some social media platforms come up with old memories. Look through your pictures and find one; reminisce about it; write an email about it; push send! **BONUS:** Make a book out of it.

Once, Joe took several pictures of things we've done through the years and made it into a book. What's great about that is something special that holds our memories and is lasting. And it can be something for posterity as a reminder of our love together.

DAY 15

Physical Touch

Go out of your way today to give your partner extra physical touch, especially if it's their Love Language. Hug them, kiss them or even French kiss them, brush against them, massage them, shoulder taps or any other form of touch. **BONUS:** Take steps to initiate sex (also bonus is if they notice.).

Never underestimate the power of touches throughout the day. For me, it grounds me and reminds me I am loved, especially if our work days seem extra long.





DAY 16

Acts of Service

Clean your partner's car, do one of their chores, or take care of the kiddos so they can do a self-care activity. **BONUS:** Suggest a self-care activity because, they don't always take advantage of this time.

While this might sometimes be difficult, especially in these days when we feel so overwhelmed with our "to do" lists and responsibilities, it certainly is something very much appreciated by our partner, and it reinforces we have a team mate in this thing called life!

DAY 17

Meaningful Song

Play a song that means something to both of you, maybe the first time you went out, or a wedding song, or a song that makes you laugh. If you don't have a song, make one up! Remember the days when people would make a "mixed tape" or CDs of favorites? Now people do Spotify lists. Whatever works for you!

BONUS: Stop whatever you are doing and dance to the song. It's super romantic. The song that means a lot for Joe and I is "I'll Stop the World and Melt with You." We don't even remember how it got started. It just reminds us that no matter what is going on, now is the time that's important, and we almost always stop and dance to it.





DAY 18

DRAW STICK FIGURES OF YOU TWO DOING YOUR FAVORITE ACTIVITY

The best part about stick figures is everyone expects them to be imperfect. The goal is to bring a smile.

BONUS: What do you think the bonus should be? Maybe draw it in a new journal and send messages back and forth to each other.

DAY 19

Food Adventure

Research new restaurants or food trucks in your area and go trying something new! Sometimes it's fun to go a little outside your local area you've not tried before.

BONUS: Make it a progressive dinner and get dinner in one place and dessert somewhere else. Or take a special dessert home. Ooh la la





DAY 20

Shower or Bathe Together

Never underestimate the power of taking your time to sit in a bath together and listen to relaxing music and candles. Yes, dudes like it too.

DAY 21

CREATE A WELCOME HOME BANNER FOR YOUR PARTNER

Create a welcome home banner for your partner, even if it's a work day... especially if it's a work day!

BONUS: If others live in your household, have them sign it too. Add balloons and make it a festival.





DAY 22

LEARN MORE ABOUT YOUR PARTNER'S HOBBY

Take up learning more about an activity they enjoy, a book they read, and exercise they do.

BONUS: Do it more than once. :)

DAY 23

Email Your Partner a Selfie

Find one of your favorite pictures of you from any decade and email it to them. You can make it funny or sexy or anything you'd like.

BONUS: Send more than one and have them choose their favorite.





DAY 24

PLAN A DATE START TO FINISH

Get a babysitter if you need to. Send them an invitation with the plan of when they need to be ready, how to dress and about how long you want to be out. And YES, you will be going out of the house and away! Remember, it doesn't have to be expensive or long, just done with some forethought. Also, know plans can go awry, and usually do, and that's okay. Again, it's taking the time and energy to think of something.

If you need help with starter ideas, you can download a free e-book here:
<https://mariesgold.com/media>

I also offer services to help you plan several dates... as well as date boxes preplanned with all you need for three dates. We aim to please.

DAY 25

Plan Growing Old Together

Research places you would like to retire. Make them elaborate with activities you'd like to do and the energy of the lifestyle you'd like to enjoy. Send them links!

BONUS: Create a vision board together complete with pictures of the activities, and again the energy you want to build together.





DAY 26

Dance Together

Stop anywhere, any time to just enjoy each other. If you're nervous, pretend no one is watching, or just enjoy each other in the living room or back porch.

BONUS: Act as if someone is watching and go all out!

DAY 27

Share a Sexual Fantasy Via Text

This can be a precursor to sexy time but it doesn't have to be. It's fun to be playful.

BONUS: Write a short erotic story starring the two of you.





DAY 28

FIND A PICTURE OF YOU TWO WHEN YOU FIRST MET

Find a fun place to hide it so they see it by surprise. Maybe on their visor or steeringwheel. Maybe with a little tape on the back stuck to the mirror.

BONUS: Frame it and hang it on the wall.

DAY 29

GO IN LATE TO WORK AND HAVE A COFFEE DATE

Sometimes impromptu coffee dates are just what a relationship needs to get reconnected.

BONUS: Create a regular coffee date and put it on the calendar.





DAY 30

Gush About Your Partner

Say how brilliant, funny, loving, sweet or any adjectives that come to you about your partner and post it on social media. Relish in their brilliance. Ignore any negative comments anyone might make. Your partner will stand taller for sure.

BONUS: Calendar this in your phone once a month to say a little something something to shine your partner on!