

MARRIAGE GUIDE

30 DAYS OF

*Gratitude*

AND LOVE



FIRST  
things  
FIRST.

A QUICK NOTE OF

# encouragement

Wanna hear something super cool? You can go on this 30-day journey *with* your spouse or *for* your spouse. Either way, **both of your lives will be changed for the better.**

Plus, having a happier, healthier marriage has been **linked** to a longer life expectancy! In other words, using this guide will not only help you strengthen your marriage, it'll extend the amount of time you get to enjoy your spouse.

**WE'RE CHEERING YOU ON!**



**THE FIRST THINGS FIRST TEAM**

*Have any questions? Need some encouragement? Accountability? Or maybe you just wanna drop us a line about how it's going?*

**Shoot us a message! We'd love to hear from you!**



# 30 DAYS OF

# Gratitude

# AND LOVE

## DAY 1

Grab some paper or start a journal for this month on your phone. Quiet yourself. **Write down 10 things you are thankful for or appreciate about your spouse.** Take your time thinking about these things. Don't forget the little things. If your spouse frustrates you, refer back to this list. *You will see more of whatever you focus on.*

## DAY 2

**Write your spouse a letter that contains the 10 things you are thankful for or appreciate about them.** Express your gratitude for these things. Leave your note somewhere they will find it: their pillow, their mirror, in their lunch. *Don't say a word about it.*

## DAY 3

**Pick a chore or task your spouse usually does and do it for them.** If you can think of one they despise doing, *even better!* If they say something to you about it, simply say, "I just wanted to thank you for all you do!"

## DAY 4

**Surprise time!** In the evening, run a hot bath for your spouse. Candles, bubbles, bath oils are up to you. Insist they get a good soak with their favorite music and book. Or they can just relax and soak up some *ME time*.

## DAY 5

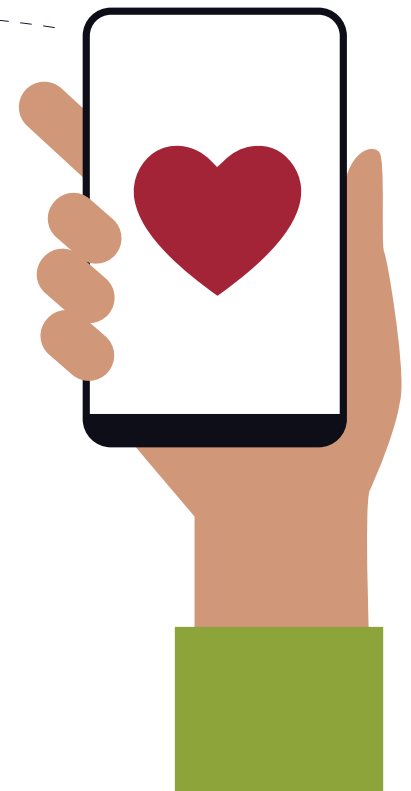
**Get out that phone!** When they would least expect it, text them, "I'm so happy it's us." OR... **Get flirty.**

## DAY 6

Find that paper or journal. Cultivate some curiosity about your spouse. **Brainstorm 5-10 things you don't know or would like to know about them.** (*But not things that would make them uncomfortable!*)



CLICK FOR  
INSPIRATION



DID YOU KNOW?

**312 MONTHS**

OF YOUR LIFE IS SPENT SLEEPING

(AND 84 MONTHS ARE SPENT TRYING TO FALL ASLEEP)



## DAY 7

Over dinner, or maybe for some pillow talk, use your questions for some conversation starters and go where the conversation takes you. Enjoy getting to know each other better!

## DAY 8

Out of nowhere, grab your spouse and kiss them for at least 20 seconds. Or you can hug them for 30 seconds. (Why not both?) This releases powerful bonding chemicals in both of your bodies!

## DAY 9

Tell the world! Make a post on social media about why you are thankful for your spouse. If that's not your style, hire a skywriting plane. (Just kidding.) Make it a point to praise your spouse in front of friends or family.

## DAY 10

The gift of relaxation and conversation! Give your spouse a shoulder, back, or foot massage. Ask them how they are doing and really listen. Ask follow up questions to go deeper. Or let them simply enjoy their massage and thank them for something specific.

## DAY 11

**Get out of jail free card.** The next time your spouse does (or doesn't do) something that typically bothers you or creates friction, blow it off. Give them the gift of grace. Looking past little mistakes or slights is a good habit to cultivate!

## DAY 12

**Cook your spouse's favorite meal or get take out.** No phones. No distractions. Have a conversation—not about kids, bills, etc.

## DAY 13

**Make your spouse a mixtape (aka playlist)** with all the sweet, meaningful songs that make you think of them!

## DAY 14

We often express gratitude for what people do. Sometimes we neglect to thank people for who they are. **Thank your spouse for a few of their character qualities that you truly appreciate.**

## DAY 15

Get out that journal or the notes on your phone and answer these questions: ***What have you learned about yourself? What have you learned about your spouse? How has your relationship changed?***

**YOU ARE HALFWAY THROUGH YOUR MONTH OF  
MARITAL INTENTIONALITY! AIR HIGH-FIVE!**

Appreciation

IS A WONDERFUL THING.

IT MAKES WHAT IS

EXCELLENT IN OTHERS

BELONG TO US AS WELL.

VOLTAIRE

DID YOU KNOW?

100 MONTHS

ARE SPENT WATCHING TV

(AND 24 MONTHS ARE SPENT WATCHING COMMERCIALS)



## DAY 16

**Memory Lane!** Take some time to think about how you met. What attracted you to each other? What are your funny memories? Put them in your journal and have a conversation about the good times you've had together! *Sometimes we forget.*

## DAY 17

**Clean their car.** 'Nuff said.

## DAY 18

**Quit talking about date night and make it happen!** Go somewhere new to eat or try a brand new activity neither of you has done before. Sharing new things together deepens your connection.

## DAY 19

**Surprise your spouse.** It doesn't have to be big, *just unexpected.* When they ask you what's up, just say, "Just because I love you." This is great for getting your relationship out of a rut and showing you're full of surprises! Break the routine!



## DAY 20

**Say a heartfelt, sincere *thank you*.** Even if it is for a small gesture or even one that is expected. Acknowledge it with gratitude. Show your spouse you don't take them for granted and appreciate the little things they do.

## DAY 21

**This might sound counterintuitive, but give your spouse some space.** Invite them to go out with their friends. Tell them you want to give them some time to recharge their battery. You'll hold things down while they do something alone that *brings them joy*.

## DAY 22

**Journal Time! What are 3 things about your relationship you never want to change?** They are too good to ever lose. What are your spouse's 3 things? Why? *Be intentional about keeping those things alive and kicking.*

DID YOU KNOW?

**84 MONTHS**  
ARE SPENT ON A  
SMARTPHONE

**36 MONTHS** ARE SPENT  
ON SOCIAL MEDIA

## DAY 23

**Break out your AAA card.** This is for when you've said or done something that has hurt your spouse. AAA stands for Apologize. Affection, Action. (Pledge to act differently next time.) Remember, AAA helps when your car breaks down, and when your relationship breaks down. *Let your spouse know they have your AAA card!*

## DAY 24

**Get up before them and make them coffee or tea.** Have it ready for when they wake up. You will start their day off right!

## DAY 25

**Now, take it a step further, and give them the whole breakfast in bed treatment!** It can be a bagel or toast or a full hot breakfast.

## DAY 26

*This one is so low-key underrated.* **Praise their efforts or intentions, even if it didn't entirely come off.** We can get so black-and-white and bottom-line in relationships where all that matters are results. Effort definitely counts in relationships. Acknowledge it.



## DAY 27

**Flowers for no reason always work—for wifey AND especially for hubby.** Flip the script and get him some daisies. If flowers don't work any magic in your home, *chocolate is the next best thing.*

## DAY 28

**Post-it notes can transform your relationship.** They stick, but peel right off, which is amazing in itself, but they open the door to all sorts of possibilities for leaving little notes in surprising places.

## DAY 29

**It's the little things.** Go for a walk together, do some slow dancing, read a story to them, go for a picnic, come through the door with their favorite snack, *put your phone down when they are talking to you*, or show you support a hobby of theirs.

## DAY 30

What? 30 days of practicing gratitude and expressing love is up? You took ***one of your 960 months*** and went all-in on your marriage! **Grab your spouse's face and tell them you love them.**

**WHOOHOO! YOU JUST SPENT ONE WHOLE MONTH WORKING ON YOUR MARRIAGE. CONGRATS!**

**BUT WAIT! THERE'S MORE!**

**BONUS!**

## **DAY 31**

**Take some time to reflect on your 30-day journey.** Jot down your answers to remember what you've learned, how you've grown and what you want to continue to do every day of the year.

- 1. What days seemed to make an impact? Why?**
- 2. What days kinda fell flat? Why?**
- 3. What days were the hardest for you? Easiest? Why?**
- 4. What did your spouse have to say about this month?**
- 5. Overall, how has this month made a difference?**
- 6. What do you need to keep doing on the regular?**



# Gratitude

**TURNS WHAT WE HAVE INTO  
ENOUGH, AND MORE. IT TURNS  
DENIAL INTO ACCEPTANCE,  
CHAOS INTO ORDER,  
CONFUSION INTO CLARITY...  
IT MAKES SENSE OF OUR PAST,  
BRINGS PEACE FOR TODAY,  
AND CREATES A VISION  
FOR TOMORROW.**

**MELODY BEATTIE**



**WANT EVEN MORE  
RELATIONSHIP RESOURCES?**

**FIRSTTHINGS.ORG**

