

7 Day Challenge

DAY 1 – Share Something Silly

Spend 15 minutes sharing your funniest stories, embarrassing moments, or favorite jokes. Laughter helps break down stress and brings you closer together.

DAY 2 – Laugh Together

Watch a funny movie, comedy clip, or stand-up show together. Laugh freely and enjoy the moment without distractions.

DAY 3 – Be Playful

Bring out your playful side. Play a board game, dance in the kitchen, have a pillow fight, or challenge each other to a fun activity.

DAY 4 – Bring Back a Fun Memory

Look through old photos or videos and relive one of your favorite memories together. Talk about what made that day so special and recreate part of it if you can.

DAY 5 – Do Something Unexpected

Surprise your partner with a thoughtful gesture. Leave a sweet note, bring home their favorite treat, plan a spontaneous date, or simply do something kind they won't expect.

DAY 6 – Compliment & Laugh

Take turns sharing five genuine compliments with each other. Finish by telling a funny story or sharing a moment that always makes you smile.

DAY 7 – Celebrate Us

Celebrate completing the challenge! Cook a meal together, enjoy a date night, or take a walk while reflecting on your favorite moments from the week. End by sharing one thing you appreciate most about your relationship and make a promise to keep creating joyful moments together.