



MY GOAL

30 DAYS DON'T SAY NO

A challenge to not turn your spouse down for intimacy for 30 full days. YES!

RESOURCES: Yes, we're talking about sex. For 30 days, don't turn him down. Say yes. Your marriage will improve! Unveiled Wife and To Love Honor & Vacuum post on being a 'Yes Wife'

SUGGESTED GOAL PAIRINGS: Love Languages - Date Nights - 15 Second Kiss Challenge

PROGRESS: For each day you don't say no, color in a box.

30 DAYS DON'T SAY NO CHALLENGE

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|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |