



CHALLENGE



for **BUSY WOMEN**

MARK AND SUSAN MERRILL | [#liststolovebybook](#)

1

Marriage is not about getting from your husband; it's about giving to your husband. What can you give today? Time? Attention? Encouraging words? Or, what can you give up today? Complaining? Criticizing? Ignoring?

2

Remember your wedding or the day you got engaged? Why were you willing to take this huge leap into marriage? List three things about your husband that convinced you that he was the one. Tell your spouse they still have it.

3

Words are powerful. They can make your husband's heart fill with joy or sink in discouragement. Today, fill your husband's heart with words they long to hear.

4

Yesterday you filled your husband's heart with joy, today concentrate on not causing his heart to sink. What are those things you do or say that hurt him? Just don't say it. Just don't do it. Not today.

5

Trust in marriage builds intimacy. Today check yourself for the trust factor. Do you always tell the truth (think: money, where you were this week, what you looked at online)?

6

Frustration with our spouse often comes from our unmet expectations. What are some of your expectations? Are they fair? Try to resolve it if it is fair. Try to give it up if it is not.

7

One of life's simple pleasures are random acts of kindness (think: making his coffee, a back rub). What makes your husband feel loved? Ask. Then do it today and every day.

8

What does your husband desire from you most? Validation, respect, forgiveness, support, appreciation, affection, attention, patience? Ask.

9

In List 9 of the books *Lists to Love By*, there are 11 things a husband and wife must agree on. What do you disagree about right now? Discuss it today and put it to rest.

10

Listening is one of the hardest things to do in a relationship. Sometimes we just tune out. Other times we think we know what our husband is saying and we make the wrong assumption. Today try to listen and identify where and how some conversations go wrong.

11

Did you know that positive people live longer? Happily married couples live longer too. So how can you be positive today about your marriage? Think: My marriage is _____. My spouse is _____. Try: awesome, the best, kind, sexy, everything I need...

12

Sexual intimacy seems to be at the forefront of everyone's hope for their marriage. But it is not always something that just happens. If you do have intimacy with your husband, talk about how thankful you are. If you don't, openly discuss why with the hope of taking a step toward intimacy.

13

This challenge is simple but some hate to do it. Forgive. Is there something you need to forgive your spouse for? Don't hold on to it. Bitterness will take root. Forgive them today.

14

List number 14 in the books *Lists to Love By* is "10 Texts to Send Your Husband". All of them are words of love and affirmation. Write your own text to your husband and make his day.

15

Managing expectations is the key to a content marriage. There are a few positive expectations that we should have of each other. Ask yourself: are you faithful, respectful, trustworthy, helpful, sexually intimate? How can you do better?

16

Managing the negative expectations is just as important. No marriage is perfect. Do you expect that you will have conflict? Do you expect that you will be disappointed at times? If you do, then when it happens it just won't be such a big deal. Think about it.

17

What is that one thing you say that really ticks your husband off? Commit today to never say it again. This one act could save you a lot of strife.

18

Public praise is such a validation. Find a way today to publicly praise your husband. Do it in front of the neighbor, the kids, or call your parents and brag about him on the phone.

19

Make it a night for the books. Tonight. Set the mood. Say the words. Dim the lights. Just do it.

20

Today focus on pulling your husband in and not pushing him away. Turn the TV off. Turn the phone off. Put the kids to bed early. Cancel appointments. Make space in your calendar. Relax together. Take a walk. Ride bikes.

21

Flirt. It's fun and surely you did it once upon a time. The look, the lip, the grab, the tease—bring it back today.

22

Do you know your husband's love language? If you do, speak his language today. If you don't know it, have your husband take the test here. The loving is a whole lot easier when you know how he likes it.

23

Improve your connection today. Search your relationship for anything that might be festering between you and dig it out. Talk it out, resolve it, and reconnect.

24

What message do you send without saying a word? Think about how you communicate with your body language. Try to give up one negative message (think eye rolling, glaring) and add one positive message (think winking, hugging).

25

Take a step to affair-proof your marriage today just by planning a date. Couples that play together stay together.

26

Add some depth to your relationship by learning something new about your husband today. Ask your husband about his dreams or other questions listed in list 26 of *Lists to Love By*.

27

Talk about fighting today when you are not in a fight. It's the best time to calmly try to understand how you don't fight fair. Make notes to change.

28

Yesterday was a tough one, so keep it simple today. Compliment your husband. Sincerely. Maybe even write it in a card.

29

Today believe the best about your husband and share your hopes for your marriage with him.

30

Think about this: You are valuable and you have gifts that you were made to share with your husband. Don't hold back.