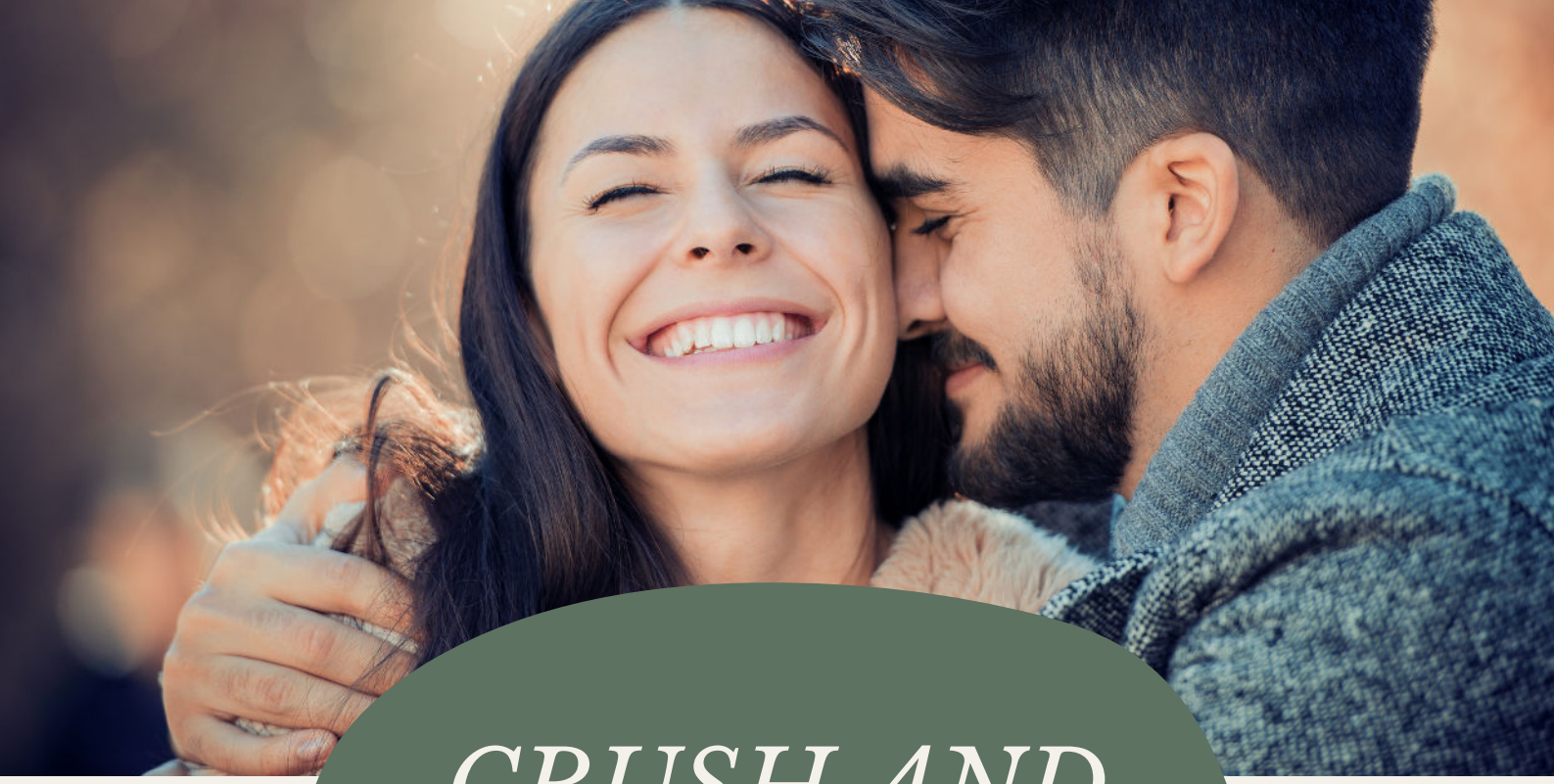

CRUSH AND COMPLIMENT 7-WEEK CHALLENGE

Your guide to feeling more connected and positive with your partner

HI THERE!

MEET YOUR RELATIONSHIP COACH

Hey, I'm super glad you're here. My name is Paige Bond and I'm guessing you got this guide because **you care about your relationship and miss feeling those butterflies you got when you were dating.**

Ugh. But where do you even start?

I'm here to give you the deets boo! If we haven't met yet, you should know that **I'm passionate about helping couples level-up their relationship so that happily-ever-after doesn't seem far fetched.**

As a millennial who struggled with bouts of insecurity, jealousy, and loneliness in my own relationships, I knew that I wasn't alone and this was a problem that needed solving.

So through lot's of research, trainings, and client tested experiences, I've developed a **model for couples to follow to build security in their relationship and find joy in their love life again.**

So here is a sneak peak to my secret sauce. I want to show you what you can start doing right now to get your relationship back on track. **I want you to feel empowered and reassured that you can get back on track to the relationship you want.**

Let's start that journey.
Warmly,

Paige Bond

7 Week Challenge to Crush on Your Partner

WEEK ONE

MON	Thought: I am genuinely fond of my partner. Task: List one characteristic you find endearing or lovable. _____ _____
TUE	Thought: I can easily speak of the good times in our relationship. Task: Pick one good time and write a sentence about it. _____ _____
WED	Thought: I can easily remember romantic, special times in our relationship. Task: Pick one such time and think about it while making loving eye contact. _____ _____
THU	Thought: I am physically attracted to my partner. Task: Think of one physical attribute you like. _____ _____
FRI	Thought: My partner has specific qualities that make me proud. Task: Write down one characteristic of your partner that makes you proud. _____ _____
Write any reflections that came to mind during this exercise below:	

7 Week Challenge to Crush on Your Partner

WEEK TWO

MON	Thought: I feel a genuine sense of "we" as opposed to "I" in this relationship. Task: Write one thing you both have in common. _____ _____
TUE	Thought: We have the same general beliefs and values. Task: Describe one belief you share. _____ _____
WED	Thought: We have common goals. Task: List one goal. _____ _____
THU	Thought: My partner is my best friend Task: What secret about you does your partner know? _____ _____
FRI	Thought: I get lots of support in this relationship. Task: Write a time when your partner was very supportive of you. _____ _____

Write any reflections that came to mind during this exercise below:

7 Week Challenge to Crush on Your Partner

WEEK THREE

MON	Thought: I can easily recall the time we first met. Task: Describe the first meeting on paper. _____ _____
TUE	Thought: My home is a place to come to get support and reduce stress. Task: List a time when your partner helped you reduce stress. _____ _____
WED	Thought: I remember details about deciding to become committed. Task: Write a sentence describing what you remember. _____ _____
THU	Thought: I can recall our wedding and honeymoon. Task: Describe one thing about them you enjoyed. _____ _____
FRI	Thought: We divide up household chores in a fair way. Task: Describe one way you do this on a regular basis. If you do not do your share, decide on a chore you will take on (such as doing laundry). _____ _____

Write any reflections that came to mind during this exercise below:

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WEEK FOUR

MON	Thought: We are able to plan well and have a sense of control over our lives together. Task: Describe one thing you both planned together. _____ _____
TUE	Thought: I am proud of this relationship. Task: List two things about this relationship that you're proud of. _____ _____
WED	Thought: I am proud of my family. Task: Recall and write a specific time when you especially felt this pride. _____ _____
THU	Thought: I don't like things about my partner, but I can live with them. Task: What is one minor fault you have adapted to? _____ _____
FRI	Thought: This relationship is a lot better than most I have seen. Task: Think and write down a relationship you know that's awful. _____ _____

Write any reflections that came to mind during this exercise below:

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WEEK FIVE

MON	Thought: I was really lucky to meet my partner. Task: List one benefit of being in a relationship with your partner. _____ _____
TUE	Thought: Relationships are sometimes a struggle. But it's worth it. Task: Write one difficult time you successfully weathered together. _____ _____
WED	Thought: There is a lot of affection between us. Task: Plan a surprise gift for your partner tonight. _____ _____
THU	Thought: We are genuinely interested in one another. Task: Write something to do or talk about that would be interesting. _____ _____
FRI	Thought: We find one another to be good companions. Task: Plan an outing together. _____ _____

Write any reflections that came to mind during this exercise below:

7 Week Challenge to Crush on Your Partner

WEEK SIX

MON	Thought: There is lots of loving in my relationship. Task: Think and write a special trip you took together. _____ _____
TUE	Thought: My partner is an interesting person. Task: Plan something to ask your mate about that interests both of you. _____ _____
WED	Thought: We respond well to each other. Task: Write a love letter to your partner and mail it. _____ _____
THU	Thought: If I had it to do over again, I would marry the same person. Task: Plan an anniversary (or other) getaway. _____ _____
FRI	Thought: There is a lot of mutual respect in my relationship. Task: Tell your partner about a recent time you admired something your partner did. _____ _____

Write any reflections that came to mind during this exercise below:

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WEEK SEVEN

MON	Thought: Sex is usually (or can be) quite satisfying in this relationship. Task: Plan an erotic evening for the two of you. _____ _____
TUE	Thought: We have come a long way together. Task: Write down of all you have accomplished as a team. _____ _____
WED	Thought: I think we can weather any storm together. Task: Reminisce about having made it through a hard time. _____ _____
THU	Thought: We enjoy each other's sense of humor. Task: Watch a comedy movie together. Record the title here. _____ _____
FRI	Thought: My mate can be very cute. Task: Get dressed up for an elegant evening together. Or, if you don't like that idea, plan another kind of evening out you would enjoy. _____ _____

Write any reflections that came to mind during this exercise below:

Thank You!

Now that you've got a head start on creating feel good , **your journey to a better relationship has just begun**.

And guess what? You don't have to do it alone.

I'll be here to support you each step of the way.

Whenever you're ready, you can...

Click here to see all the ways we could work together

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