



**The 90 Day
Cultivating Healthy Love
Challenge**

The Cultivating Healthy Love Challenge was created by Anitra Payne, a licensed psychotherapist, in an effort to help foster deeper, more meaningful connections within romantic relationships.

This challenge encourages couples to engage in daily practices that promote emotional intimacy, mutual respect, and effective communication.

Activities include expressing gratitude, reading and learning about how to build and maintain healthy relationships, utilizing active listening with your partner, and setting aside quality time for one another without distractions.

By participating in this challenge, couples can learn to navigate conflicts more constructively, appreciate each other's unique qualities, and build a resilient partnership.

Ultimately, the Cultivating Healthy Love Challenge aims to create a nurturing environment where love can thrive, grow, and evolve.

Here are the rules of the challenge.

For the next 90 days, engage in the following activities with your partner:

- Read 10 pages daily from a book focused on healthy relationships. You can choose to read the same book or select different ones.
- Share a hug and/or kiss every day for a minimum of six seconds.
- Dedicate 45 minutes each day for a meaningful conversation and check-in with each other.
- Enjoy one meal together daily, whether it's breakfast, lunch, or dinner.
- Share something you appreciate about your partner and highlight a positive aspect of your relationship every day.
- Complete two 30-minute workouts together each week.
- Alternate planning two romantic date nights each month.
- Surprise each other with a gift once a month.
- Each partner should keep a journal to reflect on their feelings, thoughts, and the ways this challenge has influenced the relationship throughout the 90 days.

To purchase the Therapy And Chill Journal, please follow the link below.

[Therapy And Chill Journal](#)

Resources and Book Suggestions to Assist You with This Challenge.

Simply click on the link to purchase each item
from Amazon.

[Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship](#)

[The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert](#)

[Fight Right: How Successful Couples Turn Conflict Into Connection](#)

[WE'RE NOT REALLY STRANGERS Couples Edition Card Game - 150 Conversation Cards for Couples](#)

[}THE AND} Couples Edition - 199 Meaningful Conversation Cards for Couples](#)

[It's a Date!, 40 Fun and Romantic Scratch Off Date Ideas](#)

[Lulu & You 55 Scratch Off Date Night Ideas for Couples](#)

[The 5 Love Languages: The Secret to Love that Lasts](#)

Keep in mind that this may not pose a challenge for everyone, and that's perfectly fine!

However, this challenge is designed for couples who have encountered a tough period in their relationship.

It aims to provide a way for those couples to reignite their love for one another.

**This is intended to be a challenge!
Complete the 90 days as it is intended.
No excuses, no substitutes.**

The goal is to assist couples in rediscovering love, romance, friendship, trust, and affection!

