



Week 3

#onesmallchange challenge!

WELCOME TO WEEK 3!

WE'RE SO PROUD OF YOUR EFFORTS TO MAKE
#ONESMALLCHANGE EACH WEEK TO
NURTURE YOUR MARRIAGE!

GOOD THINGS ARE BOUND TO HAPPEN WHEN
YOU COMMIT TO LITTLE CHANGES.

THE INSTRUCTIONS HERE ARE SIMPLE.

READ THROUGH THE CHALLENGE ON OUR
WEBSITE NURTURINGMARRIAGE.ORG. PRINT
OUT THE LAST THREE PAGES OF THIS PDF. FILL
OUT THE WORKSHEET. MAKE YOUR
#ONESMALLCHANGE. REPORT BACK.

HAPPY NURTURING!
~ AARON & APRIL ~



Week 3 #onesmallchange challenge! Worksheet

WEEK 3 - YOUR SPOUSE NEEDS PHYSICAL AFFECTION

ANSWER THE FOLLOWING QUESTIONS:

LIST THREE WAYS YOU USED TO SHOW
PHYSICAL AFFECTION FOR YOUR SPOUSE
WHEN YOU TWO WERE DATING.

WHAT ARE YOUR FAVORITE WAYS TO GIVE
PHYSICAL AFFECTION?

WHAT ARE YOUR SPOUSE'S FAVORITE WAYS
TO RECEIVE PHYSICAL AFFECTION?

HOW DOES YOUR SPOUSE RESPOND WHEN
YOU OFFER PHYSICAL AFFECTION?



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CIRCLE ANY OF THESE IDEAS THAT WOULD BE EASY FOR YOU TO DO, WITHOUT MUCH EFFORT.

STAR ANY OF THESE IDEAS THAT WOULD BE EXTREMELY DIFFICULT AND AWKWARD FOR YOU.

1. SQUEEZE HIS BUM.
2. KISS HIS CHEEK.
3. PUT YOUR ARM AROUND HER.
4. HOLD HIS HAND.
5. PLAY FOOTSIES.
6. RUB HIS LEG.
7. TOUCH HER ELBOW.
8. RUN YOUR FINGERS THROUGH HIS HAIR.
9. RUB HER BACK.
10. GIVE HIM A BEAR HUG AND DON'T LET GO.
11. RUN YOUR FINGERS OVER HER CHEEK.
12. KISS HIS NECK.
13. PUT YOUR ARM AROUND HER WAIST.
14. HUG HIM FROM BEHIND AND PUT YOUR CHEEK NEXT TO HIS.
15. KISS HER ON THE LIPS. GENTLY.
16. RUB HIS ARM.
17. TOUCH YOUR FOREHEAD TO HERS.
18. REST YOUR HEAD ON HIS SHOULDER.
19. DANCE WITH HER.
20. WHISPER IN HIS EAR.
21. SIT CLOSE TOGETHER.
22. SPOON TOGETHER IN BED.
23. GIVE HIM A SCALP MASSAGE.
24. HOLD HER FACE IN YOUR HANDS AND STARE IN HER EYES.
25. SQUEEZE HIS HAND.

NOW, ADD THREE IDEAS OF YOUR OWN:

- 1.
- 2.
- 3.



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FINALLY, PICK ONLY ONE OF THOSE SPECIFIC ACTIONS TO BE YOUR #ONESMALLCHANGE FOR WEEK 3.

WRITE IT DOWN HERE.

MY #ONESMALLCHANGE:

WHEN YOU ARE GOING TO DO IT?

HOW YOU ARE GOING TO DO IT?

WHY YOU ARE GOING TO DO IT?