

A PURPOSE IN ACTION

7 DAY CHALLENGE



CHRISTALYN WARNER

Owner + Coach

Welcome! Hi, I'm Christalyn. I am a licensed marriage and family therapist & coach. It is my mission to get you from unfulfilled and stuck in the problems of your relationship to feeling unstuck and completely free to create the relationship you absolutely love!

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7 DAY CHALLENGE

01 ASK YOUR PARTNER

"Do you want to be heard or are you looking for advice?"

02 DURING A SHARED MEAL

Ask "When do you feel most connected to me?"

03 SUGGEST

Some time together at the end of the day to review your day/week
Format: one person talks the other listens then trade off

04 APPRECIATE

Make time in your day to tell your partner what you appreciate about them. It can be who they are to you or what they did that you liked.

05 BEFORE YOU GO TO SLEEP

Ask, "What do you need from me when you are upset or sad?"

06 PLAN A DAY

Take action and go on a day date.
Be it morning coffee, or a walk on the beach, a hike, mini golf, do something together

07 REMEMBER

Something they said they liked recently or a dream they expressed and see if you can fulfill it.

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THANK YOU!

Join my FB group to be a part of ongoing growth in
your relationship.

[https://www.facebook.com/groups/christalynwarner
coaching](https://www.facebook.com/groups/christalynwarner_coaching)

Check out my website for upcoming live workshops

christalynwarner.com

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