

# The Connection Calendar

## 30 Gentle Invitations to Deepen Intimacy

The Connection Calendar is a simple, intentional way to bring intimacy back into everyday life—without pressure, performance, or overwhelm. Each day offers a small, doable invitation to help you rebuild emotional safety, nurture closeness, and bring playfulness back into your relationship and daily life.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Share one thing that helps you feel emotionally safe.	2 Make eye contact for one full minute.	3 Ask: "How are you really today?" (No fixing.)	4 Offer a 20-second hug.	5 Take a short walk together quietly.	6 Text something sweet or spicy.	7 Rest together without talking.
8 Listen without interrupting for 5 minutes.	9 Set a financial goal together.	10 Share something you've been holding back. (gently)	11 Bring your partner a coffee or drink.	12 Ask for one small thing you need.	13 Say "I'm sorry" without explanation	14 Try something new in the bedroom.
15 Cook something together.	16 Spend 5 minutes or more snuggling.	17 Share what touch feels most nourishing right now.	18 Compliment each other.	19 Kiss each other goodbye.	20 Spend 30 minutes undistracted together.	21 Listen without the intent to fix.
22 Take a walk with your partner (or a workout).	23 Pick up something at a store for your partner.	24 Hold hands and notice sensation.	25 Do a playful challenge or game.	26 Eat breakfast or lunch together.	27 Plan a vacation or other outing.	28 Sit back to back and breathe together.
29 Use questions for a deeper conversation.	30 Take a shower or bath together.					

This is not a checklist. Let this calendar support curiosity and connection, not pressure.