



Pillow Talk Challenge

Dedicate time every night for purposeful conversations with your partner to deepen your connection

CHALLENGE DESCRIPTION:

Welcome to the Pillow Talk Challenge! This challenge invites you to carve out dedicated time each night to be vulnerable and connect with your partner on a deeper level.

Over the next 2-weeks, we will guide you through a series of nightly conversations designed to open you up to a deeper level of connection by sharing your dreams, fears, thoughts, and desires. By creating this intentional space for emotional intimacy, you will discover new dimensions of your relationship to build on your existing foundation of love and trust.

WHAT CAN PILLOW TALK DO FOR YOUR RELATIONSHIP?

Pillow talk encompasses any intimate, unguarded conversation that you have with your partner while you're both in bed together. These authentic conversations help boost emotional intimacy between you and your partner so you can both practice vulnerability and bring your whole-selves to the relationship.

While boosting emotional intimacy, pillow talk can also improve physical intimacy, as both are closely connected. In other words, pillow talk itself does not have anything to do with sexual activity but the closeness it brings can enhance your physical connection with your partner. Pillow talk helps you feel safe, understood and connected – all essential components of a strong, healthy relationship.

THE CHALLENGE

For the next 14 days, dedicate at least 10 minutes of your evening routine to pillow talk. Each day, you will be prompted with a question to spark deep, meaningful connection. While engaging in pillow talk it's important to be present with your partner. Whether you're holding hands or maintaining eye contact, the more physically connected you feel, the easier it will be to let your guard down. It's also important to turn off the TV and put away your phone to avoid distraction during this purposeful time for connection.

Follow the question prompts and check off each night as you complete them.

PILLOW TALK

1



If your house was on fire and you could only rescue one item, what would you choose?
(When they give their answer, ask them why)

2



What's something new you learned today?

3



What was one thing that made you laugh out loud today?

4



If you could only use one word to describe our relationship, what would it be?

5



What's one thing you want to do together that we've never done before?

6



What's your idea of a romantic date night?

7



What's one thing we have in common that you love?

8



What are you grateful for today?

9



What's your favorite memory of something we've done together?

PILLOW TALK

10



If you could live anywhere else, where would it be?

11



If you could meet someone dead or living, who would it be and why?

12



If you had to choose one word to describe your day today, what would it be?

13



What did you first think when you met me?

14



What's one thing that sets us apart that you really like?

CHALLENGE COMPLETE!

After two weeks of incorporating meaningful conversation into your evening routine with your partner, you have created intentional space to build emotional intimacy. Continue to dedicate this time to each other without any distractions to connect on a deeper level.



Congratulations on completing the **Pillow Talk** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

