





I2 WEEK CHALLENGE

B	WEEK 1	WEEK 2	WEEK 3	B
I	WEEK 4	WEEK 5	WEEK 6	I
N	WEEK 7	FREE SPACE	WEEK 8	N
G	WEEK 9	WEEK 10	WEEK 11	G
O	BONUS	WEEK 12	BONUS	O

*You can opt out of up to 3 and still receive a passing grade. Please feel free to report back through Dear Abi here if anything magical or unexpected happens so we can first, enjoy the funny or cool stories, or we can help each other out with creating better relationships.

@abiayres



12 WEEK COUPLES CHALLENGE

WEEK 1: Stare into each other's eyes for 5 minutes straight. No talking. No phones. Just eye contact.

WEEK 2: Make out for 10 minutes. That's it. Like you're dating again.

WEEK 3: Write each other an actual love letter on paper. Handwritten, not a text.

WEEK 4: Dress up and role-play. It might feel weird if you've never tried it, but that's part of the challenge.

WEEK 5: Try a new sex toy together.

WEEK 6: Have a question night. Ask each other questions about attraction, intimacy, fantasies, favorite memories, what makes you feel loved, and what you want more of.

WEEK 7: Watch a romantic movie together and talk about it afterward: What felt romantic? What made you want more of that in your own relationship?

WEEK 8: Give each other oral sex. Both ways.

WEEK 9: Have dinner in bed by candlelight. And don't forget dessert.

WEEK 10: Give each other massages. Take turns and don't rush.

WEEK 11: Do a striptease. Put on music, take turns, and fully commit.

WEEK 12: Have sex somewhere other than your bed. Break the routine and end the challenge somewhere unexpected.



12 WEEK SELF LOVE CHALLENGE

WEEK 1: Sit in front of a mirror for 5 minutes. No phone, no talking. Just eye contact with yourself.

WEEK 2: Solo date night. Take yourself out somewhere nice.

WEEK 3: Write yourself handwritten a love letter. Say what you're proud of, what you forgive yourself for, what you love about who you are.

WEEK 4: Put on an outfit that makes you feel powerful or fully yourself, even with nowhere to go. Notice how it changes you.

WEEK 5: Try something new with your own body. No goal, just curiosity.

WEEK 6: Interview yourself: What makes me feel alive? What do I find attractive about myself? What do I need more of right now?

WEEK 7: Watch something romantic. Take note of what you want to give yourself more of.

WEEK 8: Give yourself an unhurried, sensory pleasure session with no endpoint in mind.

WEEK 9: Candlelit Dinner for One. Cook or order your favorite meal. Light candles. Eat slowly. Don't skip dessert.

WEEK 10: Self Massage. Book one, or do it yourself with oil.

WEEK 11: Put on music that makes you feel powerful and move. No audience, no judgment.

WEEK 12: End somewhere unexpected: a solo trip, a new neighborhood, a room you never linger in. Let the ending feel like a beginning.