The 14-Day Love Your Husband Challenge

FOR CATHOLIC WIVES

Day 13

Daily Mindset Refelction:

In Dan Sullivan's book The Gap and The Gain, he encourages you to think about what you would miss if your spouse died. We don't have to do this from a devasting place. Assume you really have moved on with your life and you're no longer in the fog of grief. What simple things would you miss? What everday things? What does he do that makes you laugh and smile? What things do you love talking about? How would you describe your husband as a gift to your life? What did he teach you about yourself? This is such a powerful exercise if you really slow down and think about it.

Daily Challenge: Write him a note..

If you had only one more day to tell your husband what he means to you, what would you want to tell him? Write those sentiments down in a hand written love note and place it somewhere for him to find.

Message Ideas: Send him at least one of these messages today!

❤️ I am so honored and proud to be your wife.

❤️ Thank you for always making me laugh! I love your sense of humor!

🔥 Up for dessert tonight?? ;) (send a pic of a body part)

Prayer: In thanksgiving for the gift of his life, written by Lorissa Horn, CMC Coach

Dear Lord,

From the beginning of time, the dream of the man that is my husband was on your heart. You loved him into existence and you had such an amazing plan to bring us together - just as you did. I am so thankful that you chose us for each other. I am thankful for the ways in which he reveals Your love to me. I am thankful for the man that he is and for all the ways he sacrificially gives of himself for others. Please help us both to live with more gratitude for each other. I am sorry for the times I take him for granted. Please give me the grace to recognize more everyday how truly blessed I am to be his wife. In your Holy Name I pray. Amen.

Podcast Episode #48: Momento Mori

In this episode, Lorissa shares some personal insights from the recent illness of her husband and the loss of his father and how reflecting on death can sometimes help us experience clarity in how we truly want to live.