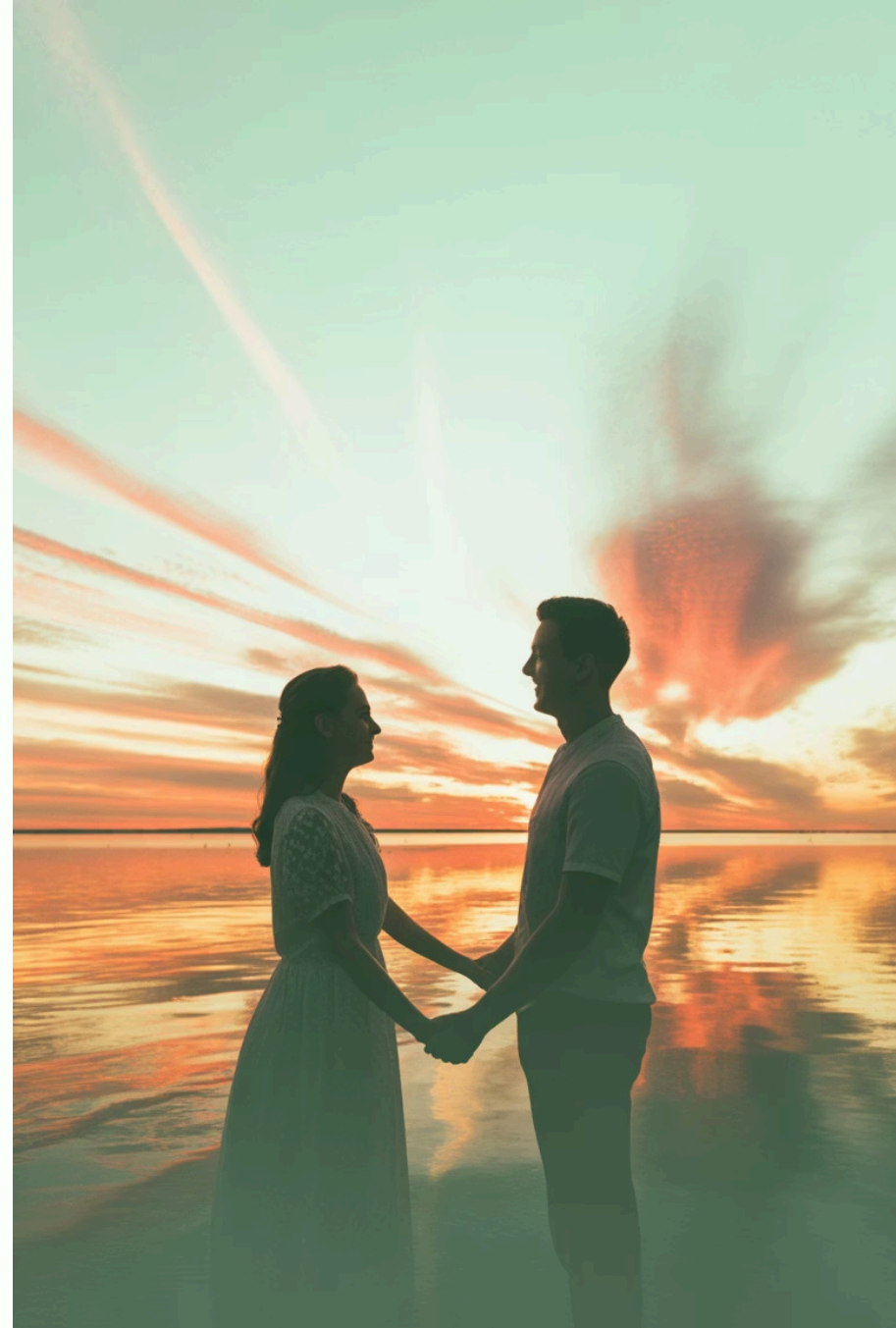


Keep Love Alive Kit

Your 30-Day Guide to Bringing Play & Connection Back



Welcome to Your Relationship Reboot

You're here because you know your relationship deserves more than autopilot. The spark doesn't have to fade just because life gets busy—it just needs intentional nurturing.

This kit gives you everything you need to practice the six habits of couples who stay vibrant and deeply connected. Inside, you'll find daily prompts, conversation starters, date ideas, and rituals you can begin tonight.

Over the next 30 days, you'll rediscover what makes your relationship special. You'll laugh more, talk deeper, and create new memories together. Whether you've been together two years or twenty, these practices work.

The best part? You don't need a fancy vacation or major life change. You just need to show up for each other, starting now.

How to Use This Kit



Week 1: Foundation

Focus on habit #1 (scheduling) and #3 (staying present). Use the calendar to block time together and eliminate distractions.



Week 3: Rituals

Build habit #5 (turning mundane into magic) with the ritual-builder template and create meaningful daily moments.



Week 2: Adventure

Practice habit #2 (trying new things). Use the activity ideas list to get inspired and break out of your routine.



Week 4: Deepening

Combine habits #4 (playing as a team) and #6 (going deeper) with reflection questions and team activities.

Your 30-Day Connection Calendar

Print this out or adapt it to your own calendar. Each week builds on the last, creating a foundation of connection habits that will transform your relationship.

01

Week 1: Show Up

Schedule date times, practice phone-free moments, create morning rituals, and have your first intentional date night.

02

Week 2: Try Something New

Each person lists 3 new activities, swap and research them together, then experience something you've never done before.

03

Week 3: Build Your Rituals

Create goodbye and hello rituals, establish a weekly tradition, and practice bedtime gratitude together.

04

Week 4: Go Deeper

Tackle team projects, answer deep questions, write love letters, and celebrate your 30-day journey together.



50 Date Ideas for Every Mood

Whether you're exhausted from a long week or energized for adventure, there's something here for you. Mix and match based on your energy level, budget, and available time. The key is variety—trying new things keeps your connection fresh and exciting.



Low Energy, High Connection

- Picnic on the living room floor with takeout
- Candlelit bath together
- Build a blanket fort and watch movies
- Give each other massages
- Stargaze from your backyard



Medium Energy, Moderate Adventure

- Farmer's market or flea market browsing
- Thrift shopping with a \$10 budget
- Visit a museum or art gallery
- Take a dance or pottery class
- Try a new restaurant—order for each other



High Energy, Big Adventure

- Go hiking or explore a new trail
- Rent kayaks or paddleboards
- Try an escape room challenge
- Rock climbing adventure
- Day trip to an unexplored nearby town



At-Home Creativity

- Cook a fancy new recipe together
- Host a paint night (skill not required!)
- Create a relationship vision board
- Learn a TikTok dance together
- Build or rearrange furniture as a team

20 Conversation Starters for Deeper Connection

Use these during dinner, on a walk, or during date night. These questions go beyond "How was your day?" to help you truly see and understand each other. Pick one per week, or save them for moments when you want to go deeper.

About Dreams & Growth

- What's one dream you had as a kid that you've let go of?
- What's something you've always wanted to try but been too scared?
- How have you changed in the past year?
- What makes you feel most alive?
- If you could master any skill overnight, what would it be?

About Us

- If you could relive one day of our relationship, which would it be?
- What's one thing I do that makes you feel most loved?
- When do you feel most connected to me?
- What's your favorite memory of us laughing together?
- What's one thing you want me to know but have been afraid to say?

Build Your Own Meaningful Rituals

Rituals turn ordinary moments into something sacred. They're the small, repeated practices that say "we matter" and "this relationship is a priority." Use this template to create rituals that feel authentic to your relationship—whether that's a special morning coffee routine, a weekly adventure, or a bedtime gratitude practice.



Name Your Ritual

Give it a name that captures its essence and frequency (daily, weekly, monthly, or seasonal).



Define When & Where

Be specific about timing and location so it becomes automatic and anticipated.



Outline the Steps

Break it down into 3-5 simple, repeatable actions that anyone could follow.




Explain Why It Matters

Connect it to your values and what you want to nurture in your relationship.



Commit Together

Agree to practice for a set time period, then check in on how it's working.

 **Example Ritual: Weekly Reset** — Sunday evening, light a candle together. Share your highs and lows from the week, plus what you need from each other in the week ahead. End with a 20-second hug. Simple, powerful, connecting.

Team-Building Activities

Strong couples don't just date—they play as a team. These activities help you work toward shared goals, solve problems together, and remember that you're on the same side. Choose one this week and notice how collaboration deepens your bond.

Puzzle Challenge

Get a 500-1000 piece puzzle and work on it together over several evenings. Perfect for quiet conversation.

Volunteer Together

Find a cause you both care about and sign up. Giving back as a team strengthens your shared values.

Home Project

Paint a room, organize the garage, or build something. Physical work side-by-side creates shared accomplishment.

Learn a New Skill

Take a class in language, cooking, or dance. Learning together keeps you growing and laughing.

Meal Prep Together

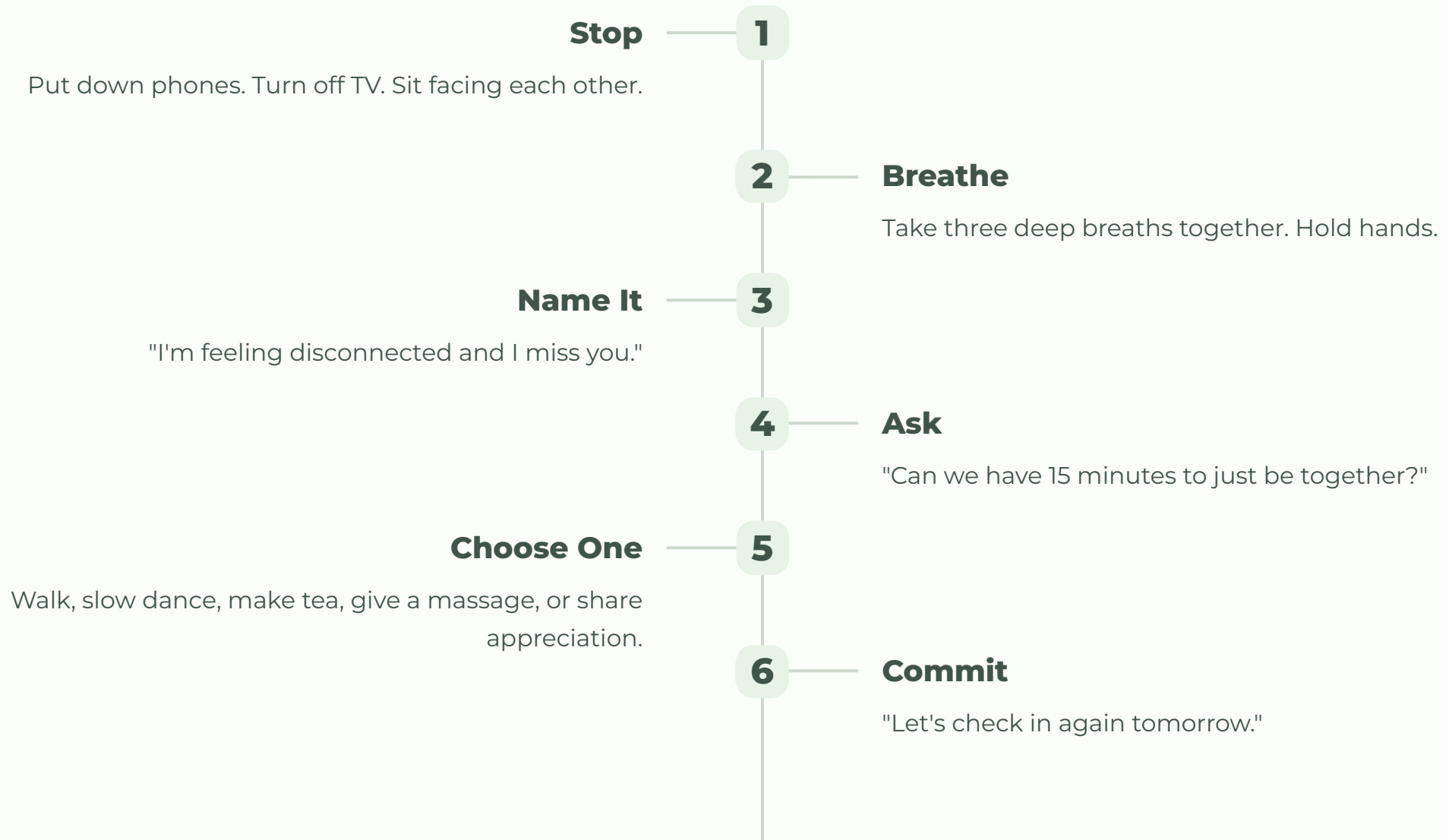
Plan and cook five dinners for the week. Teamwork in the kitchen builds rhythm and nourishment.

Photo Album Project

Create a photo book or organize digital photos from the past year. Reminisce and relive your favorite moments.

Emergency Connection Reset

Feeling disconnected? Life gets overwhelming, and sometimes you just need a quick way back to each other. Use this six-step reset when you're feeling distant and need to reconnect fast—it only takes 15 minutes, but the impact can last for days.



Start Tonight: Your Quick Wins

Love isn't something you find once and possess forever. It's something you choose, over and over—in the small moments, the boring Tuesdays, the exhausted evenings when Netflix feels easier than connection. This kit gives you the tools. You bring the commitment.

Right Now

- Set a recurring alarm for evening connection time
- Text your partner one thing you appreciate
- Put phones in a drawer during dinner tonight

This Week

- Plan your first date night
- Create a shared playlist titled "Us"
- Buy ingredients for a new recipe to cook together

This Month

- Delete one thing from your calendar to make room
- Book one night away in the next 30 days
- Ask: "What's one way I can love you better?"

Need support? Putting these habits into practice can bring up questions, resistance, or old patterns. That's normal—and that's where we come in. We offer one-on-one relationship coaching and customized plans to help you rebuild the intimacy and play your relationship deserves.

WhatsApp: +254 720 202 299

Email Us

Start with one thing. Practice it for seven days. Then build from there. You've got this. And if you need us, we've got you.

With warmth and belief in your love,

The Arcane Guides Team