

# THE NO SCREEN CHALLENGE

Putting your attention back into your marriage.



POSITION  
*of the Month*  
»»»»» CLUB

## Welcome to the NO SCREEN Challenge

Your decision to be intentional about where you are putting your attention will create a brand new dynamic in your marriage. This is a time to rediscover one another, to talk with one another, to spend time together. Go into this expectant for positive changes in your marriage.

*A few helpful hints...*

1. Choose a week that allows you to "clear your calendar". If you know that you are planning on watching the "big game" or have to find new recipes, probably not the best week.
2. Discuss the commitment that you are making to one another and the reason why this is important to each of you. Knowing your "why" helps you stay committed.
3. If you find yourself being challenged by the challenge, share that with your spouse. Remember, you are a team. Work together to keep the focus on the two of you.
4. Make plans to celebrate your achievement at the end of your challenge. Having a celebration to look forward to helps you to honor your commitment. Have your certificates ready and signed for your celebration.

**\*\***If you would like to receive a signed certificate from Tony & Alisa, make sure to support@oneextraordinarymarriage.com with "I completed the No Screen Challenge." Make sure to include your name and mailing address.

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