

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.

LISTEN TO A PODCAST. CUDDLE.
SHARE AN ICE CREAM CONE.
WRITE A LOVE LETTER. ORDER IN.
PRAY TOGETHER. VOLUNTEER.
PAINT A PICTURE. PLAY A GAME.
COMPLETE THE 7 DAYS OF SEX
CHALLENGE. GO SWIMMING.
REARRANGE THE FURNITURE.
MAKE COOKIES. PLAY TAG.
GO FOR A WALK. FLY A KITE.
HAVE A GARAGE SALE. KISS.
FLY A KITE. WATCH THE SUNSET.
PLAY CARDS. GO SKINNY DIPPING.
MAKE BREAKFAST IN BED.
HAVE A PICNIC IN THE PARK.
SIT IN FRONT OF THE FIREPLACE.
SIT UNDER THE STARS.

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PLEDGE CARD

I, _____, pledge that during the week of _____ I will only use screens when they are required for work. I will not: **1)** watch TV or videos; **2)** play games on tablets, websites, phones or consoles; **3)** surf the web; **4)** use social media. Instead of spending time with screens I will:

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CERTIFICATE OF ACHIEVEMENT

This award is presented to

YOUR NAME HERE

for successfully completing The No Screen Challenge

Tony DiLorenzo
ONE Extraordinary Marriage

Alisa DiLorenzo
ONE Extraordinary Marriage

POSITION
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CERTIFICATE OF ACHIEVEMENT

This award is presented to

for successfully completing The No Screen Challenge

Your Grateful Husband

CERTIFICATE OF ACHIEVEMENT

for successfully completing The No Screen Challenge

Your Grateful Wife