

ASHLEY   
Ashcraft

Cut out this card &  
present it to your  
husband

# HAPPY VALENTINE'S DAY

*You are the lucky beneficiary of the 5-day sexual intimacy challenge.  
Sit back and enjoy! You've got 5 days of fun coming your way!*

TO:

FROM:

WANT TO EXPERIENCE 40 MORE CHALLENGES LIKE THIS?  
CHECK OUT THE FULL 40-DAY CHALLENGE BOOK BY ASHLEY ASHCRAFT,  
STOP BEING A \_\_\_\_\_ WIFE.



**THANKS FOR DOWNLOADING THIS  
VALENTINE'S GIFT CARD!**

FOR SIMILAR CHALLENGES THROUGHOUT THE YEAR,  
COME JOIN OUR FACEBOOK GROUP,  
STOP BEING A \_\_\_\_\_ WIFE.

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*Ashcraft*

DAY 1

*Give your husband a full-body massage. Remember to include his body part that checks this off as a gift of sexual intimacy! Put on some music, dim the lights, and pull out the lotion and essential oils. Make this a spa-like experience, and don't forget to have some fun yourself!*

DAY 2

*Wear something to bed that your husband finds sexually attractive. For example, consider your favorite piece of lingerie or surprise him with something new for this challenge. You could even come to bed with nothing on but a bow. Enjoy!*

DAY 3

*Schedule a romantic date, at home or out. Push yourself to get creative. If you need help, there is an endless number of websites that offer date ideas. Consider recreating a memorable day you had as a couple, roasting s'mores over a fire, trying a unique restaurant he'd love, or finding a beautiful spot to stargaze while you enjoy dessert.*

DAY 4

*Create an atmosphere for romance. Make a trail of chocolate candies leading to your bed. Light the room with candles and put on romantic music. Add any other touches you'd like. Meet your husband in bed (or let him find you there), and see what happens!*

DAY 5

*Make (or pick up) a meal composed of aphrodisiacs, and be sure to let him know why those items are on the menu! Some common aphrodisiacs are oysters, strawberries, watermelons, figs, chocolate, asparagus, spicy chili peppers, artichokes, pine nuts, pistachios, and cinnamon. Eat up!*