

# Have a New Sex Life by Friday

by Kevin Leman

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Run a tone audit**

For one day, notice every correction, sigh, joke at your partner's expense, or managerial sentence. Replace one with appreciation before it becomes atmosphere.

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**02 Make affection non-transactional**

Offer a hug, hand on the shoulder, kiss, or back rub with no escalation attached. Say plainly that it is just care.

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**03 Repair one repeated resentment**

Choose one small recurring hurt and use a clean sentence: what happened, how it landed, what you want to practice differently.

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**04 Remove one load before Friday**

Handle a task your partner usually carries mentally or physically. Do it quietly, completely, and without asking for credit.

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**05 Invite with room for an edit**

Make one specific Friday invitation, then ask what would make it feel better, safer, slower, or more playful for both of you.