

2020

## COUPLE RESOLUTION

Harvard study discovered a lack of meaningful connection increases our risk of premature death (yes—death!) at the same rate as smoking a pack of cigarettes a day. Did you just read that? It's either start taking your need for sexual and relationship fulfillment seriously—or die at the same rate as life-long smokers.

"TO START HAVING RADICALLY  
FULFILLING SEX AND SKYROCKET MY  
SEX LIFE!"



HONEYMOONGini

Inadequate meaningful connection statistically increases our risk of heart disease at a higher rate than do either obesity or long-standing physical inactivity.

We're resolving to hit the gym in order to live longer—when really, our focus needs to shift to include our bedrooms

HUSBAND SIGNATURE

WIFE SIGNATURE