

## TIME TOGETHER

- Go to an auction
- Go to a bookstore
- Watch a movie
- Play a game
- Go for a walk
- Go for a bike ride
- Go swimming
- Watch a sunset
- Try karaoke
- Throw a frisbee
- Have a picnic in a park
- Attend a play or concert

## TOUCH

- hugs
- kisses
- hold hands
- cuddle
- dance
- massage
- erogenous zones
- scented lotion or oil
- bubble bath or shower together
- shampoo
- satin sheets

## ACTS OF LOVE

- Refill their drink
- Bring a blanket if they are cold
- Warm up the car for them
- Run a bath for them
- Make a special dinner with candlelight & soft music
- Bring breakfast in bed
- Do a chore for them
- Bring home a movie they would like
- Bring home their favorite snack
- Help with the housework

## WORDS OF AFFIRMATION

- emails
- phone calls
- compliments
- thank yous
- notes in unexpected places
- love letters
- poems
- write "I love you" on mirror with a bar of soap
- post-it on clock: "time for love"
- "I love you so much because..."

## GIFT IDEAS

- flowers
- candy: favorite or chocolate "kisses" "I'm sweet on you"
- balloons
- cards
- jewelry
- nuts "I'm nuts about you"
- music cd
- coupons good for back rubs, errands, etc.
- photos
- lingerie
- favorite scent
- tickets to an event

Based on "The Five Love Languages"

By Dr. Gary Chapman

[www.dailyplanit.com](http://www.dailyplanit.com)