

## 1. POETRY OF LOVE

Write them a poem. Find a poem that expresses your love or makes you think of them. Buy a poetry book that reminds you of them.

## 2. SURPRISE NOTE

Hide a note thanking them for how they help you and love you under their pillow, slipped into their bag, or in their drawer to be found later.

## 3. JUST BECAUSE

Call or text them, just because you're thinking of them.



# WORDS OF AFFIRMATION

#### 4. **HANDMADE**

Make a card for them. Anything from stick men or simple lettering to a more elaborate creation can convey a heartfelt message. Or help the kids make a card.



#### 5. **BODY BEAUTIFUL**

Tell them what you love about their body.

#### 6. **PUBLIC PRAISE**

Praise them in a public or social situation.



## 7. **FRAME A LOVE MESSAGE**

Give them a visual reminder of how you feel. Use an expression, quote, or a line from a poem if you need help with words.

## 8. **COMPLIMENT THEIR APPEARANCE**

Be specific about what you love and why.

## 9. **PARENTING PARTNERS**

If you have children, compliment their parenting. Tell them what you appreciate and why.

## 10. DAILY AFFIRMATIONS

Give them a compliment every day for a month.

## 11. THANK THEM

Be intentional about thanking them for the jobs and chores they do.

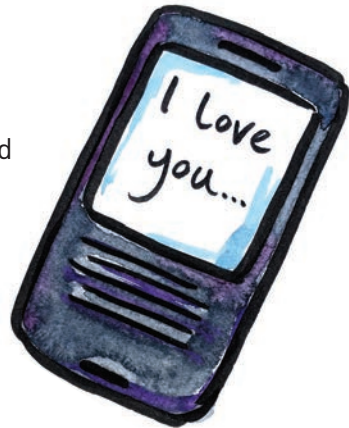
## 12. I LOVE YOU

Tell them “I love you”—in person, as a note, as a text message—just declare those three special words!



### 13. ENCOURAGING WORDS

Send them a loving and supportive message when they're having a hard day.



### 14. INTERIOR DESIGN

Tell them something you love about their home décor choices.

### 15. EXTERIOR DECLARATION

Mow a love message into the lawn. Draw it in sidewalk chalk. Pressure-wash it into the patio. Hang a banner on their birthday. Leave a love message on their frosty car.

## 16. MR. POSTMAN

Send them a letter or postcard when you're away. Send one even if you're not.



## 17. THREE THINGS

Have their friends each write down three things they love about them, and present these encouragements as a gift.

## 18. BE THEIR CHEERLEADER

Send them a positive message when they have a big day at work or other challenge that day.

19. **PASS IT ON!**

Take note of the good things other people say about them and pass them on.

20. **ENCOURAGE THEIR HOBBIES**

Encourage them to invest in or take the next step with one of their interests.

21. **MEANINGFUL WORDS**

Write a sincere love message or buy a card expressing how you feel.

