

Creating a Ritual of Love

Identify rituals that you can commit to doing on a consistent daily basis to demonstrate to your partner how special they are to you. Keep in mind your partner's love language and what would be meaningful to them.

The ritual moment I am committed to and willing to do every day to show you how important you are to me is:

- kissing you before I leave the house kissing you when I arrive home
- going for a walk together hugging you before I leave the house
- hugging you when I arrive home calling you to check in during the day
- writing you a love note drinking a cup of tea together & talking about your day
- prepare your lunch or dinner affirm you Cuddle before falling asleep
- Other: _____

Share this with your partner.

Brainstorm a special time to be together where the focus is on personal sharing. For example, this may include a date night once a week. This will be a time where topics such as problem solving around kids, chores and money are not allowed, but rather be dedicated to quality time together so you can nurture your relationship and have fun. Typically this is in person, but even if you are out of town on business for a week you can still have a Skype date or chat.

Get Creative: Some ideas that we would like to do on our date are:

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We as a couple have arranged a special time to be together every week to focus on personal sharing and bonding as a couple. Also come up with a fun activity where you learn something new as a couple.

- **This week: Mon. Tue. Wed. Thur. Fri. Sat. Sun.**

We are planning to do: _____

- **This month: Mon. Tue. Wed. Thur. Fri. Sat. Sun.**

We are planning to do: _____