



KNOW MY MATE: Favorite Things worksheet

Ask each other these questions (print two worksheets)

What are your favorite things to:

SMELL?

(Try to get 3 preferred scents)

SEE?

(Try to find our 3 beautiful things your mate loves to SEE)

TOUCH?

(Try to get 3-4 textures or things your mate likes to touch)

HEAR?

(Try to find out three or 4 things your mate loves to hear - sounds in nature, music, etc)

TASTE?

(Get a list of 5-6 favorite foods/ drinks)

Now each of you select a date on the calendar to create a date for your mate that incorporates all their favorites.

(For more fun ideas like this, pick up Red Hot Romance Tips for Women or other marriage building resources from Pam and Bill Farrel at www.Love-Wise.com)