



L.O.V.E.

Romantic Date or Gift Planning sheet

There are special days each year: Valentine's, birthday, or anniversary, that you might want some help planning the memorable date or deciding on an unique and personal gift. Use this romance worksheet to think through and plan on how to add more L.O.V.E. into your relationship.

Listen to your mate.

(Jot down places or items you have heard them mention)

Observe your spouse

(What are his or her little delights: snacks, brand of clothes, beverages, etc)

Vary to Surprise Your Mate

(Change up the place you dance, have dinner or "red hot monogamy" intimacy)

Extract the familiar and give it a personal twist

(Take something typically romantic and add your spin: Take out one piece of a box and chocolate and replace with earrings, Take a Hallmark idea and make it yours; Rewrite a lovesong to weave in your story)