

Often we allow our partnerships to get mired in the boredom of our routines or suffer from the stresses our obligations. In doing so becomes easy for us to forget the “magic” that we felt for our lover (and even our friends) in the beginning phase of our relationship. And while it is clear to us all that Love is an act to effectuate more than it is an emotion to maintain, many are at a loss as to what they can do to show Love to their loved one(s). So, to assist you in this quest, the following is a list of “the little things” - small actions that let your Loved one remember that he/she is still Loved.

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Send him/her an affectionate text message ...

Call just see how he/she is doing ...

Surprise him/her at work with a smile ...

Give her/him a massage ...

Ask about her/his day (and *listen* to the answer/stories) ...

Go dancing with her/him (even if it is a bit embarrassing) ...

Buy something to help spruce up his room/apartment ...

Avoid flirting with other men/women (especially when she's/he's not around) ...

Hold his/her hand in public ...

Invite him/her out with your friends ...

Tell others about your love for him/her when they ask ...

Defend him/her behind his/her back when he/she is criticized ...

Greet her/him every time with a hug &/or a kiss ...

Let her/him know that you love her/him (with actions more than words) ...

Leave her/him kind notes to be found when you're not around ...

Look for the good things she/he does and telling her/him that you recognize them ...

Avoid criticizing him/her, especially when he/she does something that annoys you ...

While it is important to give your partner space, share his/her favorite hobby on occasion (especially if you are aren't interested in it) ...

Take him/her into consideration when making your plans (i.e. meeting with him/her sometimes even when you have things you'd rather do) ...

Want to take her/him with you on trips (even if she/he doesn't actually go) ...

Tell him/her clearly what you want him/her to do for you ...

Share with him/her about your past, your fears, your dreams, and Who You Are ...

Ask her/him about her/his past, fears, dreams and Who She/He Is ...

Take naps together ...

Kiss his/her forehead ...

Gaze into her/his eyes and smile ...

Slow dance together (with music or without) ...

Hold him/her when he's/she's upset ...

Tell your partner that he's/she's Beauty-full ...

Play with his/her hair ...

Stroke his/her cheek ...

Wrestle with and/or tickle her/him ...

Tell each other jokes ...

Watch funny movies; laugh together ...

Bring him/her flowers for no reason ...

Play on a playground together ...

Serenade him/her with song (use a boom-box if necessary a la Lloyd Dobler in "Say Anything") ...

Give him/her a piggy-back ride ...

Kiss in the rain ...

Read poetry to him/her ...

Send her/him a package with random, amusing contents ...

Give each other gag gifts ...

Cook dinner together (and wash dishes by hand afterwards) ...

Leave a note on his/her pillow before heading off to work as a reminder for how much you still  
Love him/her ...

Write her/him a message on the bathroom mirror after taking a shower ...

Dress up for a nice dinner - even if it's at home ...

Listen to him/her *without* offering any solutions ...

Surprise your partner by doing anything you don't normally do for him/her ...

Flirt (engaging in suggestive banter &/or subtly brushing up against her/him) ...

Hold hands while riding in the car together ...

Bring her/him a flower that you personally picked or personally picked out ...

Make a date to just sit and be together (to watch the sunset, sit on the porch, gaze at the  
stars, etc.) ...

Pay attention to your partner's favorite things - especially those he/she doesn't indulge in -  
and then get one of them for him/her ...

Share one bowl of ice cream ...

Visit where you went on your first date or the place you first met ...

Give your partner a scalp/face massage ...

Offer to do a chore that your partner normally does (especially one he/she doesn't like) ...

Make your partner his/her favorite breakfast ...

Plan a special evening out ...

When it's cold outside, start your partner's car for him/her (scraping the windows if they are  
iced-over) ...

Treat your partner to a professional massage &/or spa treatment ...

Openly acknowledge the things you appreciate about your partner (especially the things you  
notice that he/she does for you) ...

The next time you're in the grocery store, pick up your partner's favorite snack ...

Create a weekly tradition together (going to a favorite coffee house every Saturday morning, walking the dog after work, etc.) ...

Turn off the TV and ask your partner about his/her dreams and/or concerns ...

Write a list of what you love about your partner and tape it to the bathroom mirror before leaving for work ...

Make an effort to avoid doing the things that annoy your partner most ...

Surprise your partner by renting/checking out one of your lover's favorite movies and then watch with her/him ...

Cook his/her favorite meal (complete with candles) ...

Make a CD of "your songs" ...

Let your partner sleep in ...

Run a bath for her/him (including bath salts, candles, soft music and one of her/his favorite books) ...

Wash your partner's hair ...

Bring your partner lunch at work ...

Surprise her/him with a picnic ...

After dinner, pack up a desert and go star-gazing ...

Surprise your partner with your own relationship-holiday ...

Cuddle for at least five minutes before getting out of bed in the morning ...

Passionately kiss her/him at random moments ...

Even if you've been together for years, regularly ask your partner out on dates ...

Go dancing ...

Set aside time to talk about meaning-full topics - what makes him/her happy or sad, what concerns and dreams he/she has for the future, his/her favorite memories, what they'd like to do but have yet to try, etc. ...

Tell her/him the unique things that you like about him/her ...

Take an interest in her/his interests ...

When you witness something neat, remember to tell him/her about it as soon as possible ...

Be a little early ...

Choose to have eyes only for your partner ...

Keep yourself well-groomed ...

Be kind to her friends and show sincere respect for her family members ...

Regularly go new places and do new things together ...

Encourage your partner to have his/her free time ...

At least once per month, meet together to discuss your relationship. When doing so, hold hands, & be sure to conclude by focusing on the positive aspects of the relationship - include as well a short list of fun things you'd like to do together; and then go do one of them ...

Write a list of traits and talents that you admire in your partner, then share this list with her/him ...