

# 7-DAY LOVE CHALLENGE

---

HERS

*Take the challenge*



## ***ESPECIALLY FOR WIVES***

One of the best ways to hear “I love you” from your husband is for you to express “I love you” to him.

Don’t wait for your husband to do or say something first; you make the first move!

For the week leading up to Valentine’s Day, here are some fun and essentially free ideas that will help you communicate that loving feeling and cultivate an environment where connection and intimacy can grow.

### **DAY ONE: FEBRUARY 8TH**

Write down at least three things you appreciate about your husband.

Write at least one love note telling him how he is special to you. Leave that note where he will find it; taped to the steering wheel of his car, next to his keys, beside his shaving kit, etc.

Optional: you might use the first note to start him on a short treasure hunt. On each of the notes, mention something you love or appreciate about him.

**DAY TWO: FEBRUARY 9TH**

When your husband is least expecting it, plant a kiss on his forehead, neck, hand – or somewhere even more creative.

Let your kiss last for several moments. When you're sure you have his attention, say "I love you" and then walk away.

But beware: there's a better-than-average chance he won't let you walk away!

**DAY THREE: FEBRUARY 10TH**

Leave your husband an IOU note (or notes), redeemable for something he would enjoy.

Options include something like:

- Redeemable for one uninterrupted evening to spend as you wish
- Redeemable for an afternoon where I join you in doing anything you'd like
- Redeemable for a movie night watching YOUR choice
- Redeemable for a backrub, (or foot massage, or ??)

DAY FOUR: FEBRUARY 11TH

It's been said that the way to a man's heart is through his stomach. Cook something you know your husband truly loves. It's Sunday today, so you can take a little extra time and make the meal something special.

DAY FIVE: FEBRUARY 12TH

Use your smartphone to make a voice memo or video message to your husband, telling him what makes him a hero to you.

Send him your message at an unexpected time, perhaps while he's at work. And don't apologize for interrupting his train of thought!

Optional: hint in your message that you're looking forward to a special time with your hero on Valentine's Day.

DAY SIX: FEBRUARY 13TH

Get ready for Valentine's Day by spicing up the bedroom. Consider these ideas:

- Wash your best lingerie, or purchase something new.
- Make sure you have a plan to have fresh sheets on the bed and the room clean
- Have perfume ready

DAY SIX: FEBRUARY 13TH *CONTINUED...*

Leave your husband a note or text message: "I'm looking forward to tomorrow night. I'll be ready. Will you?" Or craft your own creative way of making an enticing invitation.

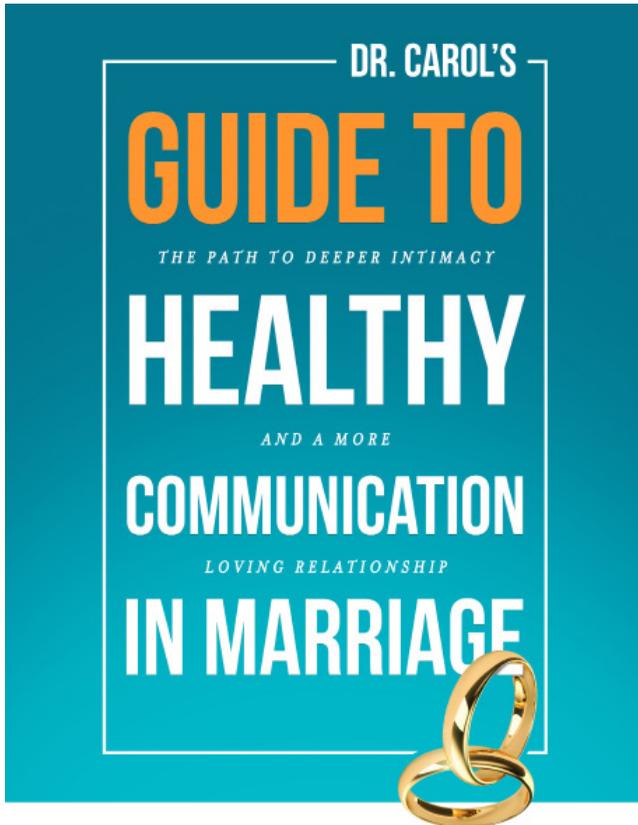
DAY SEVEN: FEBRUARY 14TH

Leave your husband a note, text message, or voice mail saying, "This Scripture makes me think of you."

A few verses you might consider include Psalm 18:34, Psalm 116:1, Proverbs 31:23, Daniel 6:4, Matthew 25:21, or Philippians 1:6. Or find your own verse to encourage him.

Shave your legs. Wash your hair. Put on perfume. You never know what the evening will bring unless you're prepared.

Optional: when the time is right, start undressing him. Invite him to start undressing you.



CAROL PETERS TANKSLEY, MD, DMIN

Purchase your "Guide to Healthy Communication in Marriage"  
e-book *TODAY* at [www.dr-carolministries.com](http://www.dr-carolministries.com)