

7-DAY *LOVE CHALLENGE*

HIS

Take the challenge



ESPECIALLY FOR HUSBANDS

Valentine's Day doesn't have to be overwhelming. Your wife simply needs to know from you that you love and cherish her.

As the leader in your home, make the first move to invite your wife to come closer.

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

When your wife is least expecting it, plant a kiss on her forehead, cheek, hand – or somewhere even more creative.

Let your kiss last for several moments, say "I love you," and then walk away. (Yes, walking away may not be easy. But do it if you can! Let her feel enticed.)

And for extra credit, plant a kiss on some different part of her every day for the next week.

DAY TWO: FEBRUARY 9TH

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

Write at least one love note telling her how she is special to you. Leave that note where she will find it; beside her coffee cup, on her nightstand, inside the opening to her purse, etc.

Optional: leave all three notes in various places for her to find during the day. And/or prepare other love notes to leave later during the week.

DAY THREE: FEBRUARY 10TH

It's Saturday. Find a simple act of service to do for your wife.

Some ideas might include:

- Wash, clean out, and fill up her car
- Take the kids to the park (or sledding) for a couple hours and let her go shopping
- Take over the cooking and cleanup for the day
- Ask her what you could do that would be most helpful

DAY FOUR: FEBRUARY 11TH

It's Sunday. You're going to church together, right?

While sitting or standing together in church, put your arm around your wife. If that's too much, reach over and take her hand and squeeze it gently.

Then when you can, whisper in her ear with a twinkle in your voice, "There's no place I'd rather be than right here next to you, in church. Well, almost no other place." I bet she'll smile!

DAY FIVE: FEBRUARY 12TH

Leave your wife an IOU note, redeemable for something she 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 SIX: FEBRUARY 13TH

Use your smartphone to make a voice memo or video message to your wife, telling her what you love about her, and what makes her a queen to you.

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

And get ready for Valentine's Day. Want something a little more creative than a card? Plan a short treasure hunt for your wife – even just three or four clues.

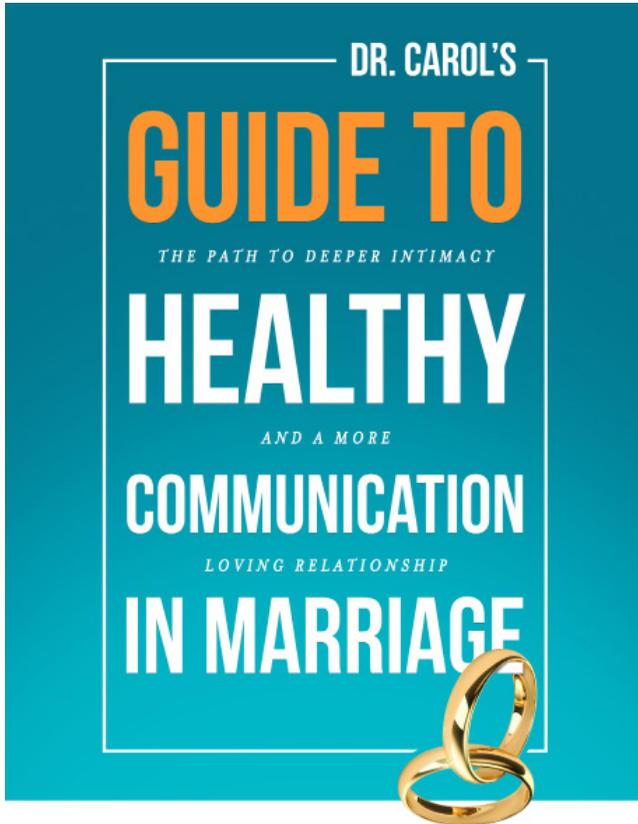
DAY SEVEN: FEBRUARY 14TH

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

A few verses you might consider include Proverbs 18:22, Proverbs 25:11, Proverbs 31:11, Proverbs 31:26, Song of Solomon 6:10. Or find your own verse to encourage her.

If possible, present your wife with a flower, even just one, "Because you're lovely, my one and only!"

And this evening, send your wife on your little treasure hunt. Let her know how much you treasure her. See yourself as inviting her closer. At the end of the treasure hunt, start undressing her slowly. Enjoy the results.



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