



# 15 SIMPLE WAYS TO SHOW LOVE TO OUR SPOUSES

by Caitrin Bennett for CatholicMom.com

## Words of Affirmation

1. Write a list of the top 10 things you love about your spouse
2. Find a beautiful love poem to include in their valentine card—or write one yourself for bonus points!
3. Sit together and recall the first time you met, your first date, and other milestones. Tell your spouse what initially attracted you to or impressed you about him or her (and don't forget to tell them how that continues today, too!)

## Physical Touch

1. Go for a walk and hold hands
2. Cuddle on the couch for a movie night
3. Give him or her a backrub or foot massage



## Quality Time

1. Get competitive and share some laughs as you play a game together
2. For a calmer Quality Time date, do a jigsaw puzzle together
3. Brew some tea and sit together talking about bigger things than just the quick, daily conversations you usually have. What are your hopes and goals for this upcoming year? What big vacation or project could you start dreaming about together?

## Acts of Service

1. Detail your spouse's cars. Vacuum the inside, get the windows sparkling ... scrub all up in the hubcaps with a toothbrush if you want to go above and beyond!
2. Organize some area of your house (garage, a closet) that your spouse uses frequently
3. Cook his or her favorite dinner and dessert

## Gifts

1. Homemade or store bought, chocolate covered strawberries are always a winner!
2. Give your spouse a gift card or just a written IOU for a special experience. This might be a manicure/ spa treatment, or a day touring and tasting at a few local breweries.
3. Pray a novena to a special saint for your spouse, then give them some physical token to represent that saint who is praying for them.



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