



In *You Get Me*, find simple, practical ideas for how to infuse your relationship with excitement, joy, and intimacy as you love your beloved in the ways that mean the most to him or her. From planning spontaneous dinners to warm embraces, learn ways to communicate your love in every love language.

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WORDS OF AFFIRMATION

1. POETRY OF LOVE

Write them a poem. Find a poem that expresses your love or makes you think of them. Buy a poetry book that reminds you of them.

2. SURPRISE NOTE

Hide a note thanking them for how they help you and love you under their pillow, slipped into their bag, or in their drawer to be found later.

3. JUST BECAUSE

Call or text them, just because you're thinking of them.



4. **HANDMADE**

Make a card for them. Anything from stick men or simple lettering to a more elaborate creation can convey a heartfelt message. Or help the kids make a card.



5. **BODY BEAUTIFUL**

Tell them what you love about their body.

6. **PUBLIC PRAISE**

Praise them in a public or social situation.



7. **FRAME A LOVE MESSAGE**

Give them a visual reminder of how you feel. Use an expression, quote, or a line from a poem if you need help with words.

8. **COMPLIMENT THEIR APPEARANCE**

Be specific about what you love and why.

9. **PARENTING PARTNERS**

If you have children, compliment their parenting. Tell them what you appreciate and why.

10. DAILY AFFIRMATIONS

Give them a compliment every day for a month.

11. THANK THEM

Be intentional about thanking them for the jobs and chores they do.

12. I LOVE YOU

Tell them “I love you”—in person, as a note, as a text message—just declare those three special words!



13. ENCOURAGING WORDS

Send them a loving and supportive message when they're having a hard day.



14. INTERIOR DESIGN

Tell them something you love about their home décor choices.

15. EXTERIOR DECLARATION

Mow a love message into the lawn. Draw it in sidewalk chalk. Pressure-wash it into the patio. Hang a banner on their birthday. Leave a love message on their frosty car.

16. MR. POSTMAN

Send them a letter or postcard when you're away. Send one even if you're not.



17. THREE THINGS

Have their friends each write down three things they love about them, and present these encouragements as a gift.

18. BE THEIR CHEERLEADER

Send them a positive message when they have a big day at work or other challenge that day.

19. **PASS IT ON!**

Take note of the good things other people say about them and pass them on.

20. **ENCOURAGE THEIR HOBBIES**

Encourage them to invest in or take the next step with one of their interests.

21. **MEANINGFUL WORDS**

Write a sincere love message or buy a card expressing how you feel.



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