



Guide to a Great Valentine's Day



TEMPER EXPECTATIONS

VALENTINE'S DAY IS JUST ONE OF MANY OPPORTUNITIES FOR INTIMACY IN YOUR RELATIONSHIP. TRY NOT TO BE OVERWHELMED BY UNREALISTIC EXPECTATIONS. BE YOURSELVES AND APPRECIATE THE GIFT OF THIS TIME TOGETHER!



LEARN EACH OTHER'S LOVE LANGUAGE

TAKE THE 5 LOVE LANGUAGES QUIZ AND DISCOVER MORE ABOUT HOW YOU EACH BEST SHOW AND RECEIVE EXPRESSIONS OF LOVE. THIS NOT ONLY HELPS YOU GROW CLOSER BUT CAN INSPIRE YOUR VALENTINE'S DAY CELEBRATION.



INVITE THE AUTHOR OF LOVE

PRAY TOGETHER, GO TO MASS, OR EVEN SPEND SOME TIME IN ADORATION. LET YOUR LOVE FOR EACH OTHER BE ENRICHED BY THE ABUNDANT LOVE OF GOD WHO CHERISHES YOU BOTH.

VALENTINE'S DAY IDEAS

VISIT WWW.5LOVELANGUAGES.COM TO TAKE THE QUIZ AND FOR MORE IDEAS

ACTS OF SERVICE

- MAKE THEM DINNER (OR MAKE IT TOGETHER!)
- CREATE A COUPON BOOK WITH REDEEMABLE TASKS.

PHYSICAL TOUCH

- GIVE A BACK MASSAGE.
- TAKE DANCE LESSONS.
- CUDDLE BY CANDLELIGHT AND REMINISCE.

QUALITY TIME

- PLAY A COOPERATIVE GAME TOGETHER.
- DO AN ACTIVITY TOGETHER, LIKE VISITING A MUSEUM OR DOING A PAINT-AND-SIP CLASS.

RECEIVING GIFTS

- FLOWERS ARE GREAT, BUT GET PERSONAL. FIND SOMETHING TIED TO A SPECIAL MEMORY YOU HAVE OR GET CRAFTY AND MAKE SOMETHING BY HAND.

WORDS OF AFFIRMATION

- PLACE POST-IT NOTES AROUND THE HOUSE WITH THINGS YOU APPRECIATE ABOUT THEM.
- CREATE AN "AFFIRMATION JAR"