

**EACH AND  
EVERY DAY,  
I MAKE THE  
PERSON I  
LOVE FEEL  
EXTRA  
SPECIAL.**

When I am around my loved one, I always ensure that I let them know by my words and actions that I love them and that they are the most important person in my life.

I love to do things for them. I make them a special meal or arrange a pleasant surprise. I might take them somewhere special that the two of us enjoy and pay for it, too.

**I tell my loved one that I care about them on a regular basis.**

I show them my love in ways that are sweet and loving – perhaps giving them a rose or sending a text that lets them know I am thinking of them.

**I ensure that they know how much I appreciate them.** This lets them feel good about themselves and gain confidence in the strength of our love. They know, without a doubt, that I love them.

Today, I take advantage of many ways to show my partner how special and important they are to me. I ensure my demeanor, tone, words, and actions all work together to show my love.

## **SELF-REFLECTION QUESTIONS:**

1. What are some new ways I can show my partner how much I care?
2. How can I ensure that my partner feels appreciated and secure in our relationship?
3. Do I ever speak or act in ways that don't show

love? How can I demonstrate my love even when we disagree?