



Prescriptions for a Tired Relationship

1. Save cards received and give them later (again) as a message or sentimental reminder.
2. Make it a point to call once a day and say "I love you."
3. Compliment, praise!
4. Don't go to bed angry.
5. Pray together.
6. Get away without the kids (an evening, an afternoon, a weekend, a week!)
7. Celebrate being alone.
8. Compliment dinner.
9. Help your husband or let him be a gentleman.
10. Write notes and leave them in unusual places.
11. Celebrate your anniversary with gifts according to the "lists."
12. Find an encouraging or special scripture and write it out, mail it.
13. Husband, get the babysitter for an evening out.
14. Clean up for her.
15. Leave notes in lunch sacks.
16. Do something nice for your in-laws, even if the relationship isn't ideal.
17. Write, mail a love letter (much later), give it a friend to mail when they feel a prompting of the spirit.
18. Write a poem, song.
19. Fix dinner for wife, or Sunday breakfast.
20. Wash clothes for wife.
21. Play!
22. Notebook for special times.
23. Present, flower for no special reason.



24. Go through baby pictures.
25. Keep a book of answered prayers.
26. Perfume or powder on sheets.
27. Mother's Day out, Dad's Day in.
28. Back rubs, scratches.
29. Time to talk – AM, PM
30. Notes on mirror.
31. Kiss at night, in AM, when he leaves for work or returns.
32. Kidnap him for a day or two.
33. Leave little Valentine hearts all over and under.
34. Weekly date.
35. Tape cassette messages.
36. Hand squeezes, 4-3-4, 1-4-3.
37. Celebrate anniversary every month – also celebrate first date, spiritual, Holy Spirit, engagement, anniversary.