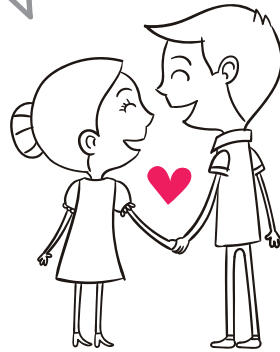




Did you know there are 5 Love Languages?  
In just a few minutes, you can find out which one you are! To take the FREE quiz, visit: Dr. Gary Chapman's website:  
[5lovelanguages.com/quizzes/love-language](http://5lovelanguages.com/quizzes/love-language)



Love Language	How to Communicate	Actions to Take
<b>WORDS OF AFFIRMATION</b>	Encourage, affirm, appreciate, empathize, listen actively	Send an unexpected note, text, or card. Encourage genuinely and often.
<b>PHYSICAL TOUCH</b>	Non-verbal, use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.
<b>RECEIVING GIFTS</b>	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.
<b>QUALITY TIME</b>	Uninterrupted and focused conversations. One-on-One time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.
<b>ACTS OF SERVICE</b>	Use action phrases like "I'll help..." They want to know you're with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.

Based on "The 5 Love Languages" book by Dr. Gary Chapman.

## Try some new things together

Using a pad of paper, start creating some fun goals and aspirations. Use our handy bucket guide to help you get some ideas started.

### Take Yourself By Surprise!

Wear colored socks. Take the scenic route to work. Re-tune your radio to Mariachi music. Feed the birds at lunch. Call your Mom. Plant a vegetable you've never heard of. Donate blood.

Name something you can do to change up your routine.

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### Do Something Brilliant

Learn a new dance. Take a Master-class. Prepare a new meal. Tell an outrageous joke. Learn a magic trick. Take a ceramics class. Download a language class and listen together. Start a couples book club.

What will you try?

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### See the World

Visit a National Park. Walk the hills where your ancestors were born. Travel to a new country. Attend a music festival in another state. Grab a last minute deal on Travel Zoo.

Where will you go?

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### Be Silly Together

Do karaoke night. Ride a mechanical bull. Go line dancing. Wear matching outfits. Crash a party. Go to a Paint Night.

What will you do?

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### Goals for Us Together

What can you do to nurture your partner's Love Language?

What would you like more of in your life?

What friends do you want to spend more time with?

What do you wish you had been more intentional with recently?

What is something you can do to strengthen your relationship?

Plan an exotic cooking night. What's on the menu?

Volunteer as a couple.

Start a podcast together, what would it be?

What family member would you like to spend more attention on?

Where could you pack a picnic and spend the day?

What is something you can do more of for yourself in 2020?

### Download Love Nudge

Download the free app "Love Nudge." It will help you keep those love tanks full :-)



Connect with us @dateboxclub

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