

Acts of Love & Caring



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Life Long Love Academy

Acts of Love & Caring

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Instructions

List nine to twelve specific actions that your partner does or could do that make you feel loved, cared about, special, and important.

Post the list where it will be noticed and remembered- then complete at least two or three items from your partner's list each day!

Review both lists each night and then:

1) On your own chart mark each item your partner did for you that day.

2.) If your partner forgot to mark his/her chart for an item that you did that day, then gently remind him/her.

Remember to thank your partner for demonstrating his/her care! Enjoy!

Feel free to change your chart with different items each week, if you desire.

-Thanks to [Helping Couples Change](#) by Richard Stuart

