

## 14 Daily 5 Minutes for Love (Goals Jumpstarter)

1. **Create a candy gram.** Get a poster board and do something like this, taping candy bars in place of the appropriate words.  
“Don’t snicker at this candy gram. You are such a smartie. Why don’t you swing by one a red vine and keep me company. Reeses pieces aren’t sweeter than you. It was definitely payday when I found you. You’re worth more than 100 grand. You’re worth a mint.”
2. **Learn to say “I love you” in 5 foreign languages** and then use it.
3. **Plan a date night.**
4. **Make a homemade Valentines Day card.**
5. **Give a massage.**
6. **Write a Ten Random Things I Love About You list** to share with your loved one.
7. **Jot down a whole bunch of Adjective Post-It notes and put all over** the house for your loved one to find. What are you talking about?? Grab a pad of Post-It notes and write You are so \_\_\_\_\_. Fill in each blank with an adjective that describes your spouse—smart, handsome, funny, courageous, determined, etc.
8. **Put a note on the ice cream in the freezer.** “I’m sorry for when I SCREAM at you. Please enjoy this ICE CREAM instead.”
9. **Give a small \$5 or less gift.**
10. **Prepare a basket** with 1 box of ginger snaps, 1 bottle sparkling cider, and 1 microwave popcorn. Attach a note that says, “Thanks for putting snap, sparkle & pop into my life.”
11. **Cut out a whole ton of hearts** from pink, purple and red construction paper. (Tip—fold your paper and then trace half a heart cookie cutter. Then cut out and unfold for a perfectly shaped heart.) Put a positive adjective on each one of them. Strew them all over your table. At dinnertime, everyone can take turns picking up a heart and telling something nice about someone else—(ie. An experience with that person related to the adjective, sharing why that word reminds you of that person, etc.)
12. **Send an ecard.** (try googling to find one you like)
13. **Make a crossword puzzle or word search** with your choice of related Valentines and/or relationship words.
14. **Make up your own idea**