

*YOU ARE LOVED!*



# **EVERY-DAY LOVE**

*little ways to show love each day*

*Abe & Amy Smith*

Love is who God is and the core message of Christ for the world. It is the foundation of what it means to be human and necessary for healthy, flourishing relationships and communities!

*Every-day* is hyphenated on purpose. Everyday love is an adjective to describe a love that is typical, occurring on a regular basis. Every day love is an adverb meaning “each day.” We want this book to be both for you. Love that is expressed each day, so it becomes an ordinary part of your life.

We have written this book to help bring laughter, love, and lasting memories to your life and the life of others. Almost all the ideas have been proven to be effective in our relationship, our home, and our community. The following pages are filled with simple acts of every-day love that can be shared with your significant other, family, friends, and/or community.

We hope this book, in some way, will help keep you close and connected as you continue to love others each and every day.

With Love,  
Abe and Amy Smith

## Add your own acts of Every-day Love...

Say, "I love you" often and every day.

Look into their eyes for two minutes without saying a word. In your mind pray for them, offering blessings for them or think about all the ways you love them.

Leave a card under their pillow.

Admit when you are wrong.

Tape a note or card on the steering wheel of their car saying something like, "You drive me wild."

Have empathy for them.

Send an email of encouragement or stating your loving intentions.

Write a simple poem and place it in a fun place for them to find.

Ask questions.

Write a love note on the underside of the toilet paper roll, so when they roll off a few sheets, they will discover the note.

Buy a coffee mug that says, 'You are loved' and give to them.

Be patient (even if they are not).

Hand out cold-water bottles to people working outside on a hot day.

Buy a few extra cans of food while grocery shopping to donate to those in need.

Place a flower on their pillow.

Organize a donation drive for your local school (supplies, books, etc.)

Send a care package to a service member.

Pick up the litter in the parking lot or in front of your office.

Buy lemonade from a kid's lemonade stand.

Write a prayer of thanksgiving for them and pray it with them before going to bed.

Rent their favorite movie and plan a date night with them. Call them during the day and ask them out on a movie date to be spent on the couch or in the bed.

Wash their car.

Send text messages throughout the day with expressions of love.

Make a collage out of pictures and hang it on the refrigerator.

Comb their hair.

Be the first to apologize.

Visit a nursing home and read a book or play a board game.

Clean out your coat closet and donate the coats you no longer wear to those in need.

Give an unexpected compliment.

Bring treats to your local fire station.

Use their name to make a fun acronym. (AMY: Amazing, Marvelous, Youthful)

Pay for the meal for someone behind you in the fast-food line.

Say something encouraging to a parent who is struggling with a rambunctious kid(s) in a restaurant or grocery store.

Create a crossword puzzle for them that includes words of love and encouragement.

Don't interrupt.

If someone is far from family invite them to take part in some of your family activities.

Look for the best in others and encourage them.

Do something new together.

**Find a way each day to add value to someone's life!**

Use your blinker while driving.

Make their favorite bread, muffins, or cinnamon rolls after they have fallen asleep, and have them ready to enjoy in the morning.

Take and donate photos during community events.

Make it a habit to place small notes next to their sink or bed to read each morning. (I [Abe] have found it easy to buy a packet of index cards and keep them in a drawer in the bathroom, so I can quickly and easily write notes.)

Put a note in their clothes drawer saying, "I am jealous of your shirts. They get to hug you all day long."

Give free music lessons.

Blend a healthy smoothie for them to enjoy.

Roll a die and whatever number rolled share that many words of encouragement with the other.

Collect or purchase unused make-up and toiletries and donate to a domestic violence shelter.

Pull weeds in a community garden.

Walk hand in hand.

Ride a Ferris wheel and kiss at the top.

Take someone to breakfast or treat a stranger to breakfast.

Exchange your favorite recipes with others who like to cook.

Do yoga or a workout with them.

Learn CPR.

Cook dinner for them.

Give them a foot massage as they read their favorite book.

Donate flowers to a nursing home.

Clean the house.

Fix a hot bath for them.

Give them a sensual scalp massage.

Memorize a romantic poem and whisper it in their ear before going to bed.

Write a small note commenting on a beautiful feature of their face (eyes, smile, etc.) and tape the note inside their make-up mirror.

Make a banner for them and hang it to be seen when they open the garage door or even the front door.

Plan a night of board games.

Make up a trivia game for them to play, asking questions about key information in your relationship. For example: Where was our first date? Where did we meet? What are my favorite things (color, movie, etc.)? Where did we first kiss?

Be the first to smile at others.

Place a flower on their plate before dinner.

Write a sweet note with water-based markers inside the tub or shower.

Learn to identify a couple of star constellations and make up a story for the constellations relating to your relationship. Share the sto-

ries on a clear night.

Pick up a bouquet of flowers on your way home. Use the flowers to make a path leading from the door to the bed and put the remaining flowers on their pillow.

Prepare a candlelight dinner.

Give blood.

Slow dance in the living room and whisper sweet nothings in their ear.

Have their favorite song ready for when they come home and play it for them or write a note for them to push play on the stereo when they get home so they can listen to it.

Write a note in the steam on the mirror while they are in the shower.

Clean out the refrigerator.

Donate your frequent flyer miles to a charity partner of your airline.

Make a card out of construction paper and place it inside the magazine or book they are reading.

Before they read the daily paper or their favorite magazine, circle words on the front page that turn out to be a sweet love message.

Write a short book that tells of your future together.

Massage their hands while watching a movie or television show together.

Write sweet notes on the back of photos you have taken in the past saying why you enjoyed the time spent in the photos. Place the

paper, and glue them to pipe cleaners to look like flowers. Place them in a vase next to their bed.

Buy a simple bouquet of flowers from the grocery store on your way home. Add a little note saying something like, "You make my life brighter and more beautiful."

Put a note on the broom saying, "You sweep me off my feet!"

Take them to a rodeo or have a pretend rodeo in your house if you have small kids/grandchildren.

Start or contribute to a little free library or pantry.

Be peaceful and non-violent when dealing with difficult situations.

Find a cute bowl and place it next to their bathroom sink. Fill the bowl with small sheets of paper listing individual reasons why you love them. Each morning they can read one of the love notes. When the bowl gets close to empty, fill it up again.

Write a fun note on the bathroom mirror with a bar of soap.

Put together first aid kits for local shelters.

Find a neat jar and tell them it is a thankful jar. Each time you have a reason to be thankful for them, write it down and place it in the jar. They can read the notes whenever they need to feel loved and appreciated.

Help them practice selfcare.

Knit scarves or hats for families in shelters.

Hand out oranges on a hot summer day.

Place a note in your spouse's shoe saying, "I love having your shoes in our closet."

Be kind to others and yourself.

Make Jell-O using cookie cutters to make fun shapes. Place notes under each shape so they can be read through the Jell-O. Make the notes relate to the shapes (e.g., star shape = "You're my star," heart shape = "I love you!").

Change the screen saver on your home computer to display a cute note for them.

Tuck a note in a pair of their socks saying, "You knock my socks off!"

Teach your children your spouse's or your parent's favorite song, and then put on a mini concert in for them.

Decorate a paper plate to look like yourself. Lay the plate on your pillow when you leave for work and place a note next to it saying, "I wish I were here lying next to you."

Paint or draw together.

Plan a week to go to bed one half hour earlier and use the extra time to read a book to your spouse.

Leave fun notes in their coat pockets.

Make up a fairytale or read a fairytale to them, including your names as the main characters.

Take them fishing.

Build a birdhouse together.

Go on a picnic with them.

Treat others with dignity and respect.

Cut different shapes (hearts, stars, flowers, etc.) out of construction

photos around your home so they will find them at random times.

Donate your old cell phones or electronics to charity.

Find a picture of yourself and use a marker to draw jail bars on the front. On the back of the picture write something like, "I am imprisoned by your love."

Write a love song to a simple tune such as Mary Had a Little Lamb or Twinkle, Twinkle, Little Star, and sing it to your spouse.

Serve meals at your local soup kitchen.

Cut words out of old magazines, and use them to make a card, or place them around the edge of their dinner plate.

Mow your neighbor's lawn.

Give them a pedicure.

Become an organ donor.

Drop off cookies at the local police station.

Empty the dishwasher.

Kiss every freckle on their body.

Organize a donation drive for your local pediatric hospital (bears, coloring books, etc.)

Fill their closet with balloons.

Participate in a charity walk/run.

Place a note in their shoe saying something like, "I love walking through life together with you."

Call them from your cell phone while they are in another room of the house and invite them to meet you in the bath or bed.

Make up a map game with clues that sends them searching around the house for a final thoughtful gift.

Watch your wedding video or look through wedding pictures.

Write a thank you note to your parents about all the ways they helped you in the past.

Hide a special note in the cereal box for them to find.

Donate your glasses.

Tell more jokes.

Leave a note in the egg carton or egg tray in the refrigerator saying, "My deep love for you is no 'yoke,'" or "being married to you is 'egg-celant'".

Cut out several angel shapes from construction paper. Write down a reason why you think they are an angel on each piece of paper. Hang the angels from the ceiling fan or light fixtures with string.

Scrape the ice from a neighbor's car windshield.

Use dried beans to spell out "I love you" on the kitchen counter for them to find.

Cut out footprints and have them lead from the entrance door, around the house, ending up next to the bed or bathtub. Then give them a full body massage or sponge bath.

Make amends.

Tape a note to the shower handle saying, "You shower my life with

Make a "Do Not Disturb" sign for the bedroom door. Give them an evening of complete rest as you complete all the tasks they normally do.

Cut out pictures of you and your spouse's head. Tape the heads to the back of your toothbrushes and place them in a cup together next to the sink.

Drive a country road together listening to your favorite music.

Make a blanket or quilt for them.

Get an old trophy and tape over the original reason for winning the trophy with a note that reads, Worlds greatest...

Volunteer at your local special Olympics event.

Throw a party for them for something other than their birthday. (Ex. Greatest kid, remarkable employee, most loving grandparents)

Go on a "stay-cation." Decorate a part of your home like a beach, snow cabin, etc. Then actually pack a suitcase with the items you would need. Take an overnight "vacation" in the decorated space.

Encourage their dreams.

Babysit for free.

Solve problems together.

Donate your hair to Locks of Love.

Using each letter of the alphabet, tell them all the ways you adore them.

Shoe polish or tape a sign on the outside of the window, so when they open the blinds, they will see the sign.



mous note of encouragement or love.

Use your kids to spell out “human letters” and take pictures of each letter. Have the film developed and tape the photos up for your spouse or grandparents to see.

Tape a note to the lid of the washing machine door for them to find when they do laundry. Say something like, “Your amazing love makes my head spin round and round.”

Celebrate their half birthday by baking a cake for them and throwing a mini party with your family.

Make dinner for a family in need.

Plant a tree.

Make up a board game to play with your spouse. Both you and your spouse make up questions that apply to your relationship. Then use a simple checkerboard for the game. Place your wedding rings on one side of the board. Each time you answer a question correctly, you move one space across the board. For each wrong answer, you go back one space. The first ring to make it across the board wins.

Fill their calendar, planner, or phone calendar with sweet messages.

Have your children color pictures, and then make it into a book for your spouse.

If your children are older, have them write down reasons why they love, appreciate, and are thankful for their parent.

Pay a stranger a compliment.

During election time, make an election sign for them and put it in the front yard. Have the sign say something like, “Elect (their name) for world’s greatest wife/husband/child/etc.”

love.”

Mentor a student.

Donate a vacation or sick day to a colleague who’s is struggling with an illness or caring for a sick loved one.

Tape or tie little notes to each branch of one of the plants in the house, telling ways that you have grown in your love for them.

Make a coupon book filled with things that can help them out in life or acts of love they would appreciate receiving.

Donate to a friend or co-workers favorite charity.

Find old to recent photos and tape them to the bathroom mirror in a type of photo timeline. Leave a note saying, “Loved the past, enjoying the present, and excited about the future!”

Share your knowledge and experience freely.

Make a commitment not to complain for a day or even a week.

While they get ready for bed, light a candle on the nightstand with a note saying, “You light up my life.”

Use cookie cutters to make pancakes in the shapes of hearts or angels.

Read a fun kids book to them one night before bed.

When it snows, use food coloring, punch mix, or other type of coloring to write a message in the snow.

Tape a note to the underside of the toilet lid.

Write a thank you note.

Put a note next to her toothbrush that reads something like, "Your life puts a smile on my face."

Cut out a star shape from construction paper and write a short note on it in large letters. Tape it to the ceiling above their bed.

Leave a special love note in the mailbox for them to find.

Tie a piece of yarn to the doorknob, and have it run through several rooms in the house. Tie the end to the corner of the bed. Give them a massage or an opportunity to take a nap while you take care of all the evening responsibilities.

When your spouse has had a long day at work, order dinner out and do everything you can to relax them.

Post a positive comment or review online.

Shovel snow from your neighbor's sidewalk.

Cut photos of your family into shapes of the tops of flowers. Glue pipe cleaners to the photos as stems. Place them in a vase and leave them in a fun place to be discovered.

Record a good morning greeting and text it to them while they sleep to be viewed when they wake up.

If it's raining on a church day, stand at the front door of the church and go out with an umbrella to help those who are arriving.

Make a crown out of construction paper and place it on their pillow with a note saying, "You're my prince/princess."

Take time to appreciate the sunrise or sunset with them.

Trace your hand on a sheet of paper. Then draw in some of the features of your palm. Label the palm drawing as if it were a palm reading. List all kinds of cute things on the palm such as future

kids, long life together, upcoming special events, etc.

Buy a movie ticket the person behind you in line at the movies.

Hold open the doors for others.

Do a sibling's chores.

Leave a generous tip.

Just listen.

Plan a mini play with your kids that will reenact your wedding day. Have your children act it out as you watch the performance with your spouse.

Volunteer to read at the local school or library.

Send them a book you think they will like.

Serve at a homeless shelter.

Call someone out of the blue just to say you love them.

When your kids wake up, take them out to play so your spouse can sleep in.

Using an inkpad, have your kids place their fingerprints on a sheet of construction paper spelling out "We love you." Write a note on the back saying something like, "We love being your children" or "Made unique and loved unconditionally by you."

Write a play with your children to act out for your spouse. Include key situations (first date, wedding, first baby, etc.) in your play.

Bring donuts or breakfast goodies to coworkers.

Leave a gift card on their desk or in their mailbox with an anony-