

6 Ways to stay in

LOVE

forever

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## “Us” Time

Whether it's a weekly date night, a few overnights, or an extended vacation, make sure that you have time where you can focus exclusively on each other. However, don't use it as an opportunity to talk about the kids, run errands, or strategize for work, focus on “us.”

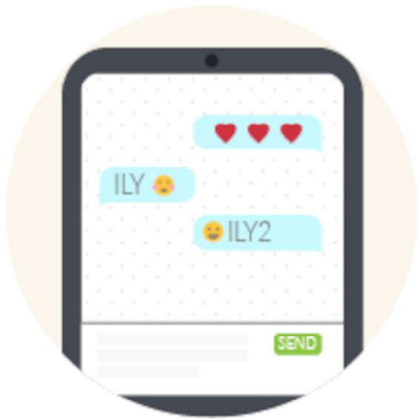


Connect through the day

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2



Send a short text message or email to let your spouse know that you're thinking about him/her. Make a call during lunch to say I love you. These regular connections during the day will keep the positive feelings flowing and make your time together when you return home that much more meaningful.

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## Give Appreciations

Make a few minutes a day to include appreciations in your routine. Daily appreciations will help you not lose sight of all the good your spouse does for you. You'll also get in the habit of focusing on the positive and your partner will feel loved.



## Try new things

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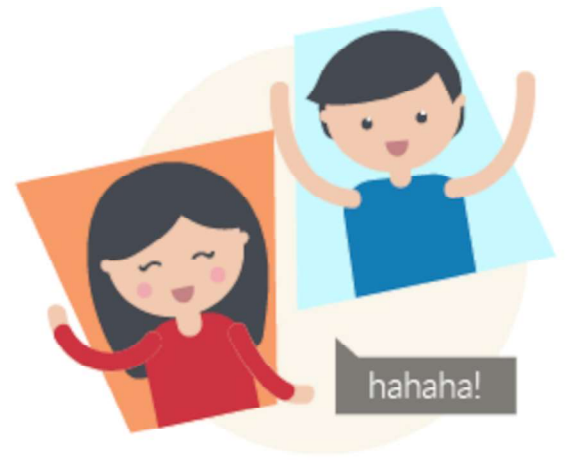


Try new things together. Don't let your relationship get stale. Take a cooking class, go rock-climbing, or learn something new together, and you'll see how it will liven up your relationship. Even if you don't have the same interests, you can still have fun together.

5

## Laugh

Laughing can create the same chemical bond as intimacy. Couples can get bogged down in the heaviness and stress of life. Infusing laughter into your relationship can cut through the stress faster than anything else.



## Praise your spouse

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As we age and begin to feel self-conscious about our looks, it's really helpful to know that your spouse still finds you attractive. With the constant barrage of advertisements showing us what we are supposed to view as beautiful, it is nice to know that your spouse still loves your look as they did when you first got married.



## Need help?

If your marriage requires more immediate assistance, **download your free copy of Rabbi Slatkin's new book**, *The 5 Step Action Plan to a Happy & Healthy Marriage* or learn more about *The 2 Day Private Marriage Restoration Retreat*.