



Why wouldn't you want to make your partner's life a little easier?

Cut these ideas out and throw them into a bowl or jar for small acts of love throughout the month of January!



Give your partner a genuine compliment.	Spend a tech-free evening with your partner.
Do one of your partner's regular chores for them.	Watch your partner's favorite movie or show with them.
Check something off their to-do list.	Do something with your partner that they enjoy.
Send your partner a cute text or email, or slip a note into their bag.	Take your partner to try a new restaurant.
Buy them a coffee or treat on your way home.	Give your partner alone time when they need it.
Fill up their gas tank.	Do an errand they've been meaning to do for them.
Give your partner a shoulder or foot rub - with no expectations.	Celebrate a small victory your partner achieved.



Surprise them with a small gift.

Stock the fridge with a few of their favorite snacks.

Say, "no, honey, you relax. I'll put the kids to bed" and then do it.

Book that appointment that's been on the to-do list forever.

Express gratitude and thank your partner for all that they do.

Tell your partner why you love them.

Give your partner a hug or a kiss, just because.

Bring home their favorite magazine or a book they've been wanting to read.

Surprise them with a date night or a mini adventure in your town.

Wash the car, the dog, the kids - whatever needs washing!

Ask your partner if they'd like to go on a walk and talk to them about their day.

Refill your partner's water glass or water bottle.

Create a personalized playlist for your partner and share it with them.

Take a few minutes to just hold each other and breathe.

↑ Add your own ideas! ↑



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