



# Acts of Kindness for Your Spouse



1 Draw a heart on the steamy bathroom mirror	2 Get up early and make breakfast for your spouse	3 Clean your spouse's car	4 Tell your spouse something you appreciate about him	5 Call your spouse unexpectedly during the day just to say "I love you"	6 Give your spouse a scalp massage	7 Watch your spouse's favorite show with him
8 Arrange for your spouse to have a night out with friends	9 Surprise your spouse with a warm towel after a shower	10 Create a playlist of your spouse's favorite songs or songs from when you were dating	11 Make a list of all the things you love about your spouse and leave it on his pillow	12 Ask your spouse about his day and listen with interest	13 Make a sack lunch for your spouse to bring to work	14 Do one of your spouse's chores
15 Leave a Post-It note with a sweet message on the steering wheel of	16 Tell your spouse something you admire about him	17 Give your spouse a neck massage	18 Read a book your spouse has recently read to discuss it	19 Get dressed up just to greet your spouse at the end of a long day	20 Surprise your spouse with a small gift "just because"	21 Tell your spouse your favorite memory of the two of you together
22 Prepare your spouse's favorite dinner	23 Compliment your spouse	24 Hide a love note or photograph in your spouse's wallet	25 Give your spouse a back rub before bed	26 Help your spouse with a project	27 Print photos of you and your spouse and place them around the bedroom mirror	28 Give your spouse a hand or foot massage
29 Text or e-mail your spouse throughout the day	30 Plan a date or getaway with your spouse					