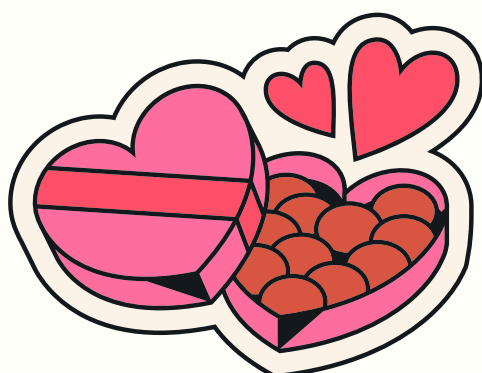




Rediscover the 5 love languages

WITH YOUR PARTNER

LANGUAGE 1



WORDS OF AFFIRMATION

saying "I love you"
"You look beautiful today"
"I appreciate when you..."
"You mean so much to me"

LANGUAGE 2

QUALITY TIME

No distractions
No interruptions
Giving your full attention
Engaging each other's interests



LANGUAGE 3



PHYSICAL TOUCH

Hugs and Kisses
Non-sexual touches throughout the day
Snuggling, cuddles, massages

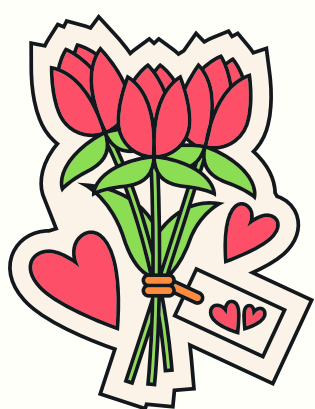
LANGUAGE 4

ACTS OF SERVICE

Trying to make their life easier
Fixing something around the home
Cooking a meal or a household chore



LANGUAGE 5



GIFTING

Little things like a card or note
Surprises for no reason
Something special to them like a playlist or favorite food

