

Acts of Kindness for Your Partner

1. Get up early and make breakfast for your partner.
2. Clean your partner's car.
3. Tell your partner something you appreciate about him/her.
4. Call or text your partner unexpectedly during the day just to say "I love You."
5. Give your partner a scalp massage.
6. Let your partner choose what to watch on TV, and watch it together.
7. Arrange for your partner to have a night out with friends.
8. Create a playlist of your partner's favorite songs that mean something special to both of you.
9. Make a list of all the things you love about your partner and leave it on the bed.
10. Ask about your partner's day and listen with interest.
11. Make a lunch for your partner to bring to work.
12. Do a chore that your partner normally does.
13. Leave a sticky note with a sweet message on the steering wheel of your partner's car.
14. Give your partner a neck massage.
15. Surprise your partner with a small gift "just because."
16. Tell your partner your favorite memory of the two of you together.
17. Prepare your partner's favorite dinner.
18. Compliment your partner.
19. Hide a love note or photo in your partner's purse or wallet.
20. Give your partner a backrub before bed.
21. Help your partner with a project.
22. Give your partner a hand or foot massage.
23. Plan a date with your partner.