

Challenge yourself with at least one SPICE activity a day to show affection to each other!!

SPICE up your relationship on every level!!

Add to each list other ways you feel loved and cared for!!

Spiritual

Pray throughout the day for each other asking God's guidance and protection.

Pray to protect one another from undue temptations.

Say morning and evening prayers together

Attend church services together

Pray devotionals together

Read spiritual books or Bible passages together.

Seek spiritual direction apart or together from a trusted source.

Attend a couple's retreat, such as Marriage Encounter.

Go out and enjoy nature together.

Share a miracle that you observed today

Serve one another.

Recognize the image of God in one another.

Physical

Do one simple act of affection to each other every day.

Try and greet each other at the door with a hug and a kiss.

Hold hands or hug each other for no reason.

Hold hands when walking together

Set aside time to sit and discuss each other's needs

Cook a meal together and make it a date night

Take a walk and use the time to talk more intimately

Work on a project together

Watch a favorite movie or TV show together

Go bowling or play laser tag together

Go to gym, bike or run together

Play a team sport together

Cuddle

Intellectual

Read a book together and setup times to discuss it.

Discuss books you have read individually and share ideas you have gleaned from these books to help each other.

Discuss current events or what you are passionate about.

Discuss personal and professional dreams and goals and how you plan to reach them.

Attend a Marriage Encounter and workshops to learn new skills.

Take a class together

Play a Trivia-style game together

Read together.

Discuss your family planning intentions and dreams.

Listen to one another.

Dream together.

Respect each other.

Creative

Schedule a surprise date night.

Write special notes expressing how much you love each other and what you love about each other.

Send short texts during the day to let each other know you were thinking about them and praying for them.

Strive to have time each evening together to just talk and relax.

Do projects around the house together.

Exchange your wedding vows each morning.

Schedule a monthly date night to talk just about you and your loved one (spouse or child), what you are interested in, goals and dreams you have.

Give flowers.

Make a special meal.

Write love letters.

Travel or go sight seeing.

Emotional

Send simple love texts during the day.

Strive to have time each evening together to just talk and relax.

Do projects around the house together.

Schedule a monthly date night to talk just about each other's goals and dreams.

Go out and do silly things together (like bowling, laser tag).

Write special notes to each other expressing your love.

Make time for each other every day.

Discuss your feelings.

Resolve problems.

Laugh together.

Trust each other.

Cry together.

Listen to each other