

FUN AND PRACTICAL WAYS
TO SPEAK

The Five Love Languages

to your loved ones.

PRINTABLE E-BOOK

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1. Make them a cup of tea or coffee.
2. Empty the dishwasher
3. Make their bed.
4. Do the laundry for them.
5. Bring their car for an oil change.
6. Fill up their car with gas.
7. Surprise them at work with Starbucks in hand.
8. Have dinner ready when they get home.
9. Vacuum the house for them.
10. Help them clean out the garage.
11. Do their least favorite chore for them.
12. Go to get their car washed.
13. Make a special dessert for them.
14. Tell them, "You relax tonight. I'll take care of the chores."
15. Offer to give them a back rub.

50 WAYS TO BLESS YOUR LOVED ONE



WITH ACTS OF SERVICE

14. Detail their car inside and out.
15. Warm a towel in the dryer after their shower.
16. Take the dog for a walk.
17. Take out the trash without asking.
18. Empty the dishwasher.
19. Do something they want to do.
20. Take their dry cleaning for them.
21. Bath and groom the dog.
22. Take care of the kids for one whole night.
23. Make lunch for them the next day.
24. Visit them at work with their favorite lunch.
25. Put the kids to bed.
26. Give them a weekend off.
27. Change the lightbulbs in all the lamps.
28. Water the plants for them.
29. Do a home improvement project they've hinted at.
30. Buy them toilet paper and paper towels.
31. Pick up their dry cleaning.
32. Run their errands so they can rest.
33. Intercept phone calls for an afternoon.
34. Clean their computer monitor.
35. Ask, "How can I help?"
36. Ask, "How can I make it better?"
37. Send them flowers at work.
38. Mow their lawn.
39. Rake their leaves.
40. Clean up the toys in their room. (For the kids!)
41. Frame their favorite Bible Verse or Quote.
42. Put up the Christmas Lights.
43. Shovel the snow without being asked.
44. Look for opportunities to serve them.
45. Plan a weekend getaway where they have to do nothing but enjoy.
46. Pamper them.
47. Make them breakfast.
48. Do what they want to do.
49. For spouses, take care of paying the bills.
50. Thank them for the acts of service they can do for you.

ACTS OF SERVICE MEANS GOING OUT OF YOUR WAY TO SHOW YOUR LOVED ONE JUST
HOW MUCH YOU LOVE THEM.



PHYSICAL Touch

1. A sweet hug.
2. Hold their hand.
3. Pat their back.
4. Rub their shoulders.
5. Give them a foot rub.
6. Put your hand on the small of her back.
7. Hold her head when you hug her.
8. Kiss her forehead.
9. Kiss his cheek.
10. Rub his shoulders when he is tense.
11. Cuddle on the couch.
12. For your kiddos . . . snuggle for story time.
13. Play footsie.
14. For your kids . . . have a secret handshake.
15. Hug each other for no reason.

35 WAYS TO SHOW YOUR LOVED ONE PHYSICAL TOUCH.

14. Rest your head on his shoulder.
15. Hold hands when you walk together.
16. For the kiddos . . . tickle fights!
17. A high five.
18. Sit close as you watch TV together.
19. Touch his shoulder in passing.
20. Stroke his hair as you give him a compliment.
21. Hold hands while watching a movie together.
22. Caress his arm while you talk about your day.
23. Touch his forearm when you speak.
24. Rub his leg.
25. Hold his face in your hands.
26. Stare into his eyes.
27. Squeeze his hand at an inside joke you have together.
28. Give him a bear hug and don't let him go.
29. For the kiddos - Give them a bear hug and don't let them go!

30. Touch foreheads.
31. Kiss his neck.
32. Rub his back.
33. Put your arm around her waist.
34. Give him a massage.
35. Tickle his knee.

ALTHOUGH PHYSICAL TOUCH DOES
INCLUDE
INTIMACY FOR MARRIED COUPLES,
IT ALSO CAN INCLUDE SIMPLE, NON-
SEXUAL TOUCHES THAT CAN MAKE OUR
LOVED ONES



1. Make date nights a weekly event. Put it on the calendar.
2. Go on a picnic.
3. Take the dogs for a walk.
4. Take a walk around the block and talk.
5. Look each other in the eye when talking.
6. Watch the game with him. No phones.
7. Put the phones away at a certain time each night and be together.
8. Cuddle on the couch with a movie.
9. Read a book together and talk about it.
10. Get in the car and just go on an adventure. No plans.
11. Search for conversation starters on Pinterest and start getting to know each other better.
12. Volunteer at a non-profit together.
13. Take your child on a monthly date. Just the two of you.

46 WAYS TO SPEND QUALITY TIME TOGETHER

14. Put Facebook away.
15. If you are married, go to bed at the same time.
16. Go out to dinner together.
17. Go to a movie together and then talk about why you did or didn't like it.
18. Have a girls night out with your friends who crave quality time.
19. Don't "listen" while juggling a million other things.
20. Uninterrupted attention.
21. Make the time together important.
22. Take a class together.
23. Take a cooking class together.
24. Take a painting class together.
25. Run Saturday errands together.
26. Go see a High School football game.
27. Make a run to Starbucks together.
28. Talk. Just talk. No phones. No social media.
29. Take your lunch break together.
30. Take a walk on the beach.
31. Grab some snacks and play a board game.
32. Watch your favorite TV shows together.
33. Dream about the future together.
34. Go to the park.
35. Go on a bike ride.
36. Try a new restaurant.
37. When you can't be with the one you love, send them a sweet text.
38. When you can't be with the one you love pick up the phone and call them.
39. Spend time reading to your child.
40. Take your parents out on a date.
41. Go to dinner with your siblings.
42. Ask, "How was your day?"
43. Ask, "What was the best part of your day?"
44. Take a walk around the mall and people watch.
45. Be a kid again. Take a day and play video games together!
46. Camp out in the backyard.

SPENDING QUALITY TIME TOGETHER DOESN'T HAVE TO COST YOU A TON OF MONEY.
IT IS THE UNINTERRUPTED, FOCUSED ATTENTION OF YOUR LOVED ONE THAT MATTERS.

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1. Thank you for always saying the right thing.
2. You are so smart.
3. You look wonderful in that outfit.
4. I am so proud of you.
5. I am honored to walk beside you in this life.
6. You are such a hard worker. How do you do it?
7. Thank you for making me smile today.
8. You helped me through a tough time. Thank you.
9. I am so grateful for you.
10. I love your smile.
11. You are a dream come true.
12. The way you did accomplished that task was amazing.
13. Thank you for being the best (friend, spouse, child) I could have ever asked for.

50 WORDS OF AFFIRMATION

YOUR LOVED ONE WANTS TO HEAR

14. Thank you for making me a better person.
15. You are a man/woman after God's heart.
16. I not only love you. I like you.
17. I love spending time with you.
18. There's no one else I'd rather be with right now.
19. Thank you for thinking of me.
20. Thank you for taking care of me.
21. You are a wonderful friend.
22. You are my best friend.
23. How did I get so lucky to have you?
24. Thank you for loving me.
25. I am so proud of the way you handled that situation.
26. You did a great job!
27. That looks fantastic.
28. Dinner was amazing!
29. I love your new hairstyle.
30. Thank you for showing me Jesus.
31. You are such a good person.
32. You are such a godly person.
33. You are an unselfish person.
34. I love working with you.
35. You are a fantastic brother/sister.
36. You are gorgeous/handsome.
37. You are my home.
38. With you, I am home.
39. You are the first person I turn to.
40. You look radiant.
41. Do you know how wonderful you are?
42. You look so handsome, baby.
43. You sparkle whenever you walk in a room.
44. You are so courageous and brave.
45. You bring a smile to my face.
46. You matter.
47. You are so strong.
48. You are so powerful.
49. You are a conquerer.
50. Do you realize how special you are?

WAYS TO GIVE WORDS OF AFFIRMATION

FOR A FRIEND OR SIBLING

YOU COULD SEND A HANDWRITTEN LETTER OR A GOOD MORNING TEXT.

FOR YOUR CHILD

YOU COULD PUT A SPECIAL NOTE IN HIS OR HER LUNCH BOX.

FOR YOUR SPOUSE OR BOYFRIEND

YOU COULD PUT A POST-IT-NOTE ON HIS STEERING WHEEL, OR IN HIS COAT POCKET.

RECEIVING Gifts



1. Make even an average day as exciting as a holiday.
2. Buy your spouse lunch and bring it to work.
3. Have they casually mentioned how much they love something? Pick it up for them, and surprise them on any given day.
4. Don't just bless them with a gift on their birthday or Christmas.
5. Create something special. A homemade gift sometimes means more than store-bought.
6. Pick them up a card at the store.
7. Have fresh flowers on the table when they get home.
8. Make them a scrapbook of your photos together.
9. Create a journal of special memories you share.
10. Bring something home from a vacation.
11. Pick up a special treat for them at the grocery store.

27 WAYS TO BLESS THOSE WHO FEEL LOVED RECEIVING GIFTS.

12. Surprise your loved one with a little gift on their vehicle in the morning or after work.
13. Take them out on a date and have a gift waiting at the table.
14. Give them the gift of time. Give them you . . . distraction free.
15. Do not forget their birthday, anniversary, or special dates.
16. Give with your whole heart.
17. Purchase a book they have wanted.
18. Give them a gift certificate for a car wash.
19. Put their favorite quote or Bible Verse in a frame as a special gift.
20. Frame a special date you share. "Our Friendship. Est. 2010." for example.
21. When you are at the store with your child, but them a small pack of gum at the check out.
22. Have flowers sent to your loved one for no reason.

23. Pick them a wildflower.
24. Put together a book of quotes or phrases that remind you of them.
25. Buy them a new DVD that you can watch together.
26. Drop a small gift to them at work.
27. Take them out to their favorite place.

GIVING GIFTS TO YOUR LOVED ONES DOES
NOT HAVE TO BE A BANK-BREAKING
LOVE LANGUAGE.

IN FACT, SOMETIMES THE SMALLEST, MOST
INEXPENSIVE GIFTS, WHEN GIVEN WITH A
LOVING HEART MEANS THE MOST.

MY PRAYER FOR YOU IS THAT THIS
GUIDE WOULD GIVE YOU FUN AND
PRACTICAL TIPS FOR SPEAKING YOUR
LOVED ONES LOVE LANGUAGE.

MAY YOU GROW TOGETHER AS YOU
GROW CLOSER TO JESUS.

XOXO

Erika Michelle



ERIKA MICHELLE IS THE AUTHOR OF THE FELICITY BEE.
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