

Little Love Notes....

Sometimes circumstances will make it difficult or even impossible for you to make a good solid connection with your mate. Whether you're hindered by time spent traveling, pressing deadlines or too much overtime, it can be hard to keep communication and intimacy clear and open. In times like these, it's time to call on a secret weapon – another one that's often overlooked because it's so simple – little love notes!

While there is a time and a place for long, romantic love letters, that's not what I'm talking about. There's no need to whip out any Elizabeth Barrett Browning for inspiration. You don't have to spend an hour or even thirty minutes on these little notes. Just a few moments, a few words and a lot of thought and care. You don't need fancy stationary, a post-it note or simple sheet of paper is fine. All you really need is love.

Writing quick little love notes is a simple act, but the effect they'll have on your marriage and your spouse surpasses anything you might have imagined. At most, you'll need a few moments, a few words and a little stealth to share these secret messages.

Is your husband heading out of town on a business trip? After his bags are packed and he's busy doing something else, slip into the room and slide a few little notes into the pockets of his pants, jackets or his briefcase.

Does your mate have a long commute to work in the mornings and afternoons? Every once in a while, sneak out to his car and slip a little love note into his CD holder or his sun visor.

Are you heading out of town for a few days? Before you leave, find little ways to stash love notes that he can find while you're gone. Put one on the refrigerator, another near the computer or even stick one to the remote control!

Have you been leaving for work earlier than usual? Stick a little "I love you" Post-It note on the mirror. Or if you really want to make him smile, write it on the mirror in a sexy red lipstick.

If you're worried that he'll think that you and your notes are silly, don't stress. While he might be a little embarrassed if any of his co-workers see one of the little notes, it won't take long for him to be the envy of the office. Deep down inside, most men wished that their wives did these simple little extra things that leave them feeling loved and adored. In the long run, your simple investment of time and effort will offer fantastic returns. Not only will you find new ways to connect with your mate, you'll also add a bit of mystery and unpredictability that will make you simply irresistible!

So get busy thinking of clever and creative ways to tell your spouse just how much you love them!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

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