

Optimize Your Relationships Using the 5 Love Languages

	FRIENDS	PARTNER	CHILDREN	WORK/CLIENTS	ALONE
WORDS OF AFFIRMATION	Send a sweet unexpected text or emoji	Nice card Say "I love you" Encouragement	Tell them your favorite thing about them Write Note Affirm	Compliment Express Appreciation	Daily affirmations Journal strengths Positive self talk
PERSONAL TOUCH	Hug	Massage Hold hands Cuddle / Kiss	Hug / Kiss Back scratch Hold hands	Shoulder tap Hand shake Hug	Stretch Salt bath Moisturize skin Spa treatment
QUALITY TIME	Lunch date Walk or Hike	Date Night Weekend Getaway Connecting Convo Walk	Games / Movies Eat as a family Talk/ Ask ?s One on One dates	Lunch/ coffee break Conversation	Meditation Prioritize sleep Hobbies Exercise Don't over schedule
ACTS OF SERVICE	Go to an important event, or kid's event	Breakfast in bed Make a fun dinner	Organize / Clean room Do chores together Work on projects Pick-Up on time	Bring them a treat or favorite drink	Healthy meals Clean house Groom yourself Schedule physical and mental check-ups
RECEIVING GIFTS	Thoughtful personalized gift	Flowers Romantic Gift	Favorite treat Clothes shopping Small tokens of love matter in a big way	Thoughtful personalized birthday gift	Buy something you love Treat yourself to travel/ bucket list item Invest in education and/ or advancement