

YADA IN ACTION: LADIES



The Challenge

Contrary to popular opinion, men bring their whole selves and all of their experiences of the day into the bedroom.

This week, give yourself a daily challenge to catch your man doing something right, vocalizing your appreciation in different ways.

Here are a few ideas:

- Hugging him when he finishes work, reminding him how much you appreciate him providing for your family.
- Texting him how you were grateful for him playing with the kids.
- Folding a sticky note in his wallet with a word of encouragement. “Thanks for emptying the dishwasher and all the little and big ways you love me.”