



*Lone Tree Life Coaching, LLC*  
*Where you are never alone...*

## Branch to Branch Ezine

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*Happy Valentine's Day!*



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### Love & Little Things

Have you told your spouse you loved him lately? Have you taken the time to appreciate each other? Have you thought of making love as just that for a change, instead of thinking of it as a duty or a task to mark off your 'things to do' list?

When we have to schedule time or love making with our spouse, it becomes a job, not a joy. This is the season for love so it's time to think about what that really means to you. And what you can do to keep that fresh in your life?

If the romantic love of the early days of your relationship is a thing of the past, don't fret. That doesn't mean you can't see romance in the little things. For example, think about the times when he takes the trash out without you even having to tell him, or maybe it's that little phone call from work just to see what you're doing. How about the time he picked up your favorite coffee latte to bring home to you as a surprise? Or when he takes the kids for a couple of hours so you can have some quiet time to yourself. Just watching him play with the children can make you fall in love all over again. Those are the little things that spell love. What is it for you that makes you love him all over again?

Most importantly, what can you do today that will give you the spark of love that you need in your life? Instead of waiting for your spouse to act, get on it.



### Molto Amore!

- **Touch** - brush by each other and give his arm a squeeze or pat his back
- **Smile** - just a simple smile can warm the room and your feelings for each other
- **Talk** - not about what needs to be done around the house or how stressed you are but about your dreams or your future
- **Listen** - find out what is going on in his life and really listen, what's on his mind
- **Relax** - togetherness doesn't have to be about doing something, it can just simply be about being present together
- **Small Things** - (the things that really matter) After all, it's not the gift, it's the thoughts and feelings behind it that are really important. There may not be time for moonlight and roses or candle light dinners, but a glass of wine while you're doing the dishes together to relax and talk may be just enough to get back in touch.

I want to encourage you today to do a little brainstorming about what it is that you need to rekindle some sparks in your relationship. Think about some little things that you can do to make things light up again. And then go for it!

Love to You and Yours,

**Michelle Weimer, M.A., C.C.**  
**Lone Tree Life Coaching, LLC**



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