



*For Him*



*A man sees himself through the eyes of the woman he loves.*

# NOTE YOUR DATES!

Put down important dates that you will share with her!

## JAN

1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

## FEB

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## MAR

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## APR

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## MAY

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## JUN

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## JUL

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## AUG

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 29 30 31

## SEP

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## OCT

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 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

## NOV

1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30

## DEC

1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31



New Year



Valentine's day



Anniversary



Her birthday

# LOVE HER TENDER

## LOVE HER DEEP

*Try out these tips to help build a strong relationship with your spouse! Whether you are a newly minted Mr & Mrs or have been married for a long time, these little gestures will refresh your relationship!*

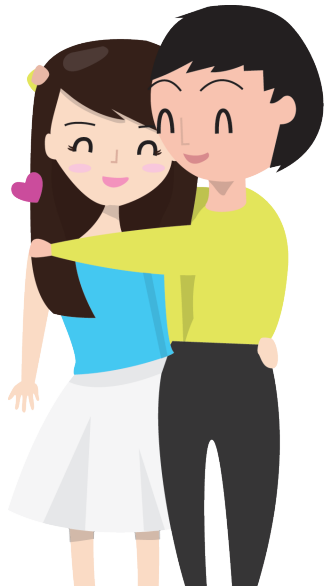
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### LOVE HER LIKE NO OTHER

Marriage is a promise to love her through good times and bad, through the ups and downs of life. Keep her love tank full by expressing love in the way she would like.

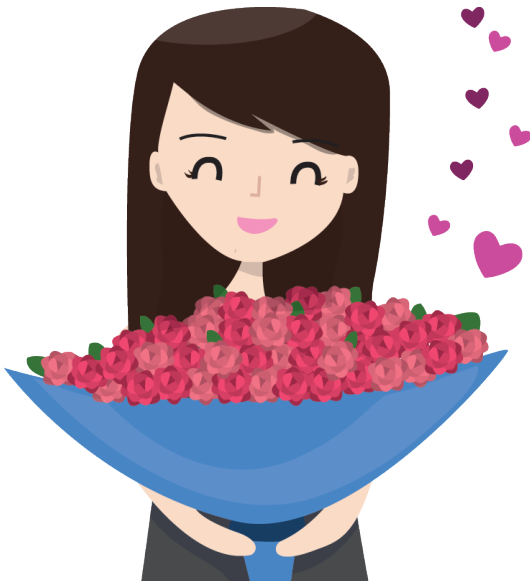
### VALUE HER OPINIONS

Consider her idea and validate her opinion. Even if you disagree, it doesn't mean you don't value what she has to say. Building strong communication is key to a healthy marriage.



### EXCLUSIVELY HERS

Cut down on screen time, be it on TV, or other gadgets. Give her your undivided attention. Have a good chat with her after dinner or when the children have gone to bed. Quality time together helps to nurture a strong marriage!



## COMPROMISE: IT GOES A LONG WAY

When she sees you are making effort to put aside your needs and wants, and consider the well-being of the marriage, it's a sign that you make her the priority.



## STAY A GENTLEMAN, IT NEVER GOES OUT OF STYLE!

Nice little gestures like opening doors for her and pulling her chair can make her feel loved and cared for.

## LITTLE ACTS OF LOVE

Sending her a simple text message to say 'I love you' or 'I'm thinking of you' is a good way to affirm her of your love.

## HEAR HER GIGGLE

Add daily dose of laughter to your marriage to keep the sparks alive! Find out what tickles her and create ways to make her laugh and lighten up.

## IT'S ALL IN THE DETAILS

Give her your jacket when she's cold. Hold her hand when crossing the road. Listen to her when she needs a listening ear. Be sensitive to her needs and these small acts will definitely make a big difference to the relationship!

## RELAY YOUR COMPLIMENTS

A heartfelt praise will always be cherished in her heart. Whether it's telling her she looks good or a job well done, a simple act of appreciation goes a long way to keep her close.



# SURPRISE SURPRISE

## PUT A SMILE ON HER FACE

*Little ways to make her happy and to see that brilliant smile that will brighten up your day!*

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### MAKE HER BREAKFAST IN BED

Get creative with ingredients you can find in the fridge and surprise her in bed with a breakfast made from the heart!



### BE ADVENTUROUS

Take her somewhere neither of you have ever been before or try out new hobbies together. Finding common interests help to build strong bonds in your relationship!

### PLAN A STAYCATION

Secretly pack her luggage, with the kids if they can keep the secret! Bring the kids out and let her have a well deserved rest or catch up on her reading to recharge.

### LEAVE LITTLE NOTES IN UNEXPECTED PLACES!

Before leaving for work, write a little love note and slip it in her wallet. She will surely feel the love when she sees it and start her day on an upbeat mood.





### **ACTION AROUND THE HOUSE**

Take initiative to do something for her that you know she dislikes doing. For example, if she dislikes shopping for the groceries, grab the list and head to the store!

### **SOMETHING HANDMADE, SOMETHING SWEET**

Roll up your sleeves and make her a handmade card or scrapbook. Such sweet thoughts and loving gestures will make her appreciate you even more!

### **PRICELESS GIFT**

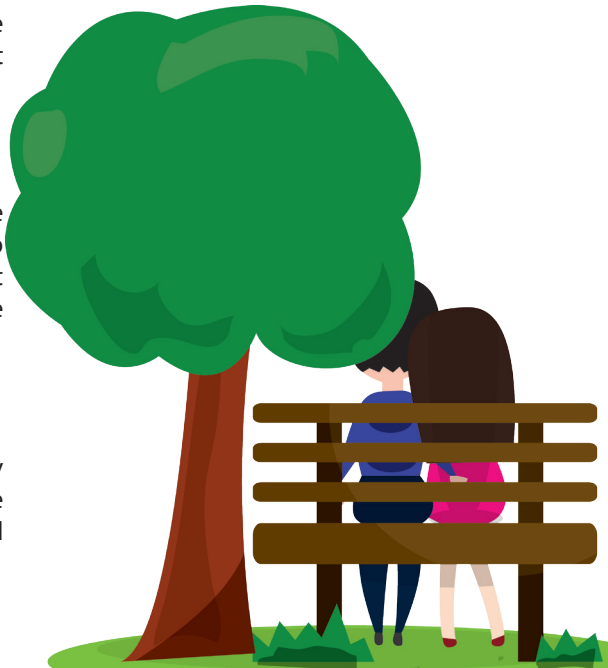
Plan a simple date night where it's just the two of you. Whether it's a movie date or a relaxing stroll in the park, this is a gift of couple time that is treasured and priceless!

### **GIVE HER A MASSAGE**

Nothing beats having a massage after a long day at work! Help soothe her aching feet with a foot soak and a leg massage to ease the tension away.

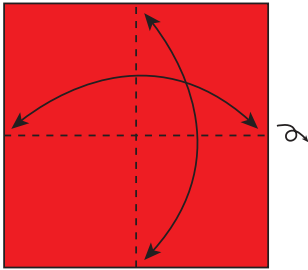
### **DO WHAT SHE LIKES**

Do something she enjoys, especially if you do not usually do it. She will recognise the sacrifice and appreciate your gesture of love.

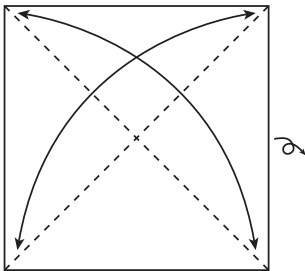


# DIY A FLOWER

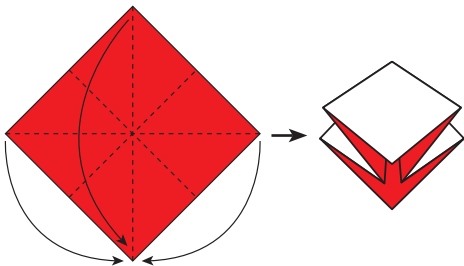
*A step-by-step instruction sheet to surprise her with a handmade flower to brighten up her day.*



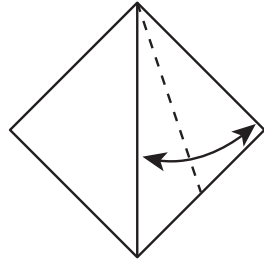
1. Create crease lines by folding and unfolding the paper. Flip the paper over.



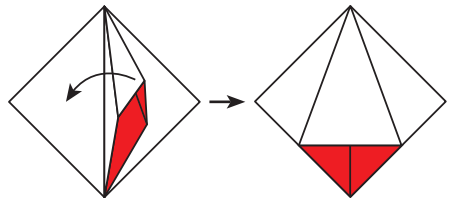
2. Create diagonal crease lines by folding and unfolding the paper. Flip the paper over.



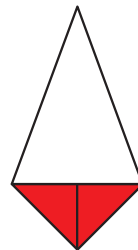
3. Rotate the paper 45 degrees and fold the three corners to match the bottom corner.



4. Create crease line by matching the corner to the middle line.



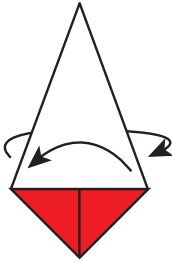
5. Open and flatten the flap using the crease line created earlier.



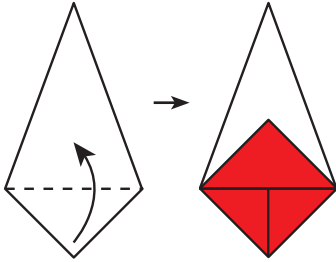
5. Repeat step 4 and 5 for the other three flaps of the model.

*Continue on page 7 >*

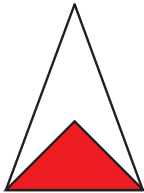




6. Turn the front flap to the left and the back flap to the right.



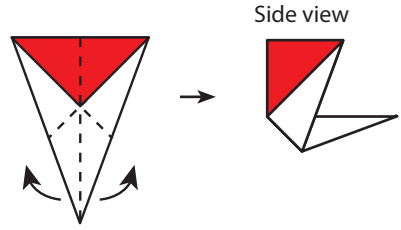
7. Fold the top layer up along the crease shown.



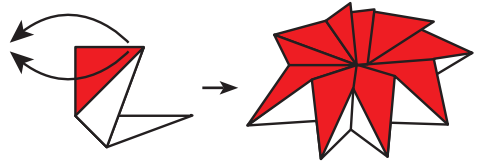
8. Repeat step 7 for the other three flaps of the model. Turn the model upside down.



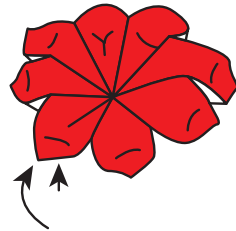
9. Ensure that there are equal number of flaps on each side of the model and pinch along the two crease shown through all the layers of the model.



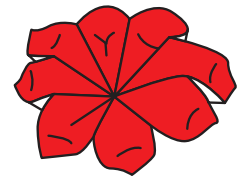
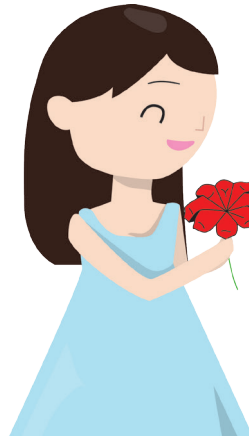
10. Pinch the narrow side of the model to make them meet at the back while folding the tail to the back of the model.



11. Holding the bottom very loosely, fan open the flaps till they meet each other.



12. Pinch the end of each flap and slightly folding back the tips to create the petals of the flower.



**COMPLETED!**

Write a secret love message in the flower and surprise her!

*Material for making the flower.*

Cut along the dotted line

Cut along the dotted lines

*This side will be facing inward.*

Cut along the dotted lines

*This side will be facing inward.*

Cut along the dotted line

# LOVE COUPONS

*A gift from the heart to express your love.*

*Step 1:*

*Cut out the coupon you wish to give.*

*Step 2:*

*Address it to your spouse.*

*Step 3:*

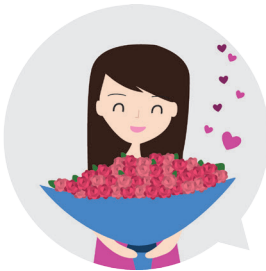
*Fill in the blank with the gift you wish to give.  
It can be an activity to do together or a physical item.*

*Step 4:*

*Wait for her to redeem it when she wishes to.*

*This coupon  
entitles you  
an evening  
get-away.*

*This coupon  
entitles you  
to a trip.*



Material for making the love coupons.

Cut along the dotted lines



***For the two of us, home isn't a place. It is a person.  
And we are finally home.***

*- Stephanie Perkins*