

the HEALING CREST

THE
Treasure Trove

OF LOVE:

52 WAYS

To Appreciate Your Partner

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About Me

My name is LaMora, and I'm a Licensed Clinical Social Worker, Relationship Revitalizer, Speaker, Consultant, Business and Life Coach, and Founder/CEO of The Healing Crest® Counseling Services, where I teach individuals and couples how to build a healthy, loving relationship with themselves and one another.

I am also the CEO and Author and Creator of Simply Lovable®, created to empower high-achieving women to prioritize healing and make S.E.L.F a non-negotiable part of their life.

As an entrepreneur who had to overcome crippling self-doubt to succeed, I quickly discovered that it takes more than a degree and credentials to build a thriving and fulfilling business. Through the use of positive self-talk and visualization, I've mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.



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**Welcome to *Treasure Trove of Love*:
52 Ways to Appreciate Your Partner**

This treasure trove is all about the little things that make a big difference in relationships. It's easy to get caught up in the hustle of life, but taking a moment to show your partner some love can change the whole game for your relationship. We're here to share 52 simple, yet powerful ways to do just that. Whether it's a kind word, a small gesture, or just spending quality time together, every bit counts. Let's dive in and keep the appreciation flowing all year round.

52 APPRECIATION IDEAS

- Write a love note and hide it where your partner will find it.
- Make their favorite meal as a surprise.
- Dedicate a day to fully focus on them, doing activities they love.
- Create a playlist of songs that remind you of your relationship.
- Start a gratitude jar, adding notes about things you appreciate about your partner.
- Offer a massage after a long day.
- Plan a surprise date night.
- Leave your partner a romantic voicemail or text message.
- Compliment your partner genuinely and often.
- Listen actively, without distractions, when your partner shares about their day.
- Frame a favorite photo of the two of you together.
- Write a poem or a letter expressing your love and appreciation.
- Plan a weekend getaway to spend quality time together.
- Complete a household chore your partner dislikes without them asking.
- Arrange a movie night with your partner.
- Share a memory that makes you smile and thank your partner for being part of your life.
- Make breakfast in bed on a lazy weekend morning.
- Support their dreams by encouraging them to pursue a goal or hobby.
- End each day by sharing something you appreciate about your partner that day.

- Hold hands during walks or while watching a movie.
- Say "I love you" in a different language.
- Leave surprise sticky notes with loving messages around the house.
- Revisit the place where you had your first date.
- Give your partner a book by an author they admire.
- Share your hopes and dreams for the future together.
- Acknowledge your partner's achievements, no matter how small.
- Ask about their well-being sincerely and listen to their concerns.
- Celebrate the unique traits that you love the most about your partner.
- Plan a themed dinner night based on the food your partner loves.
- Offer words of encouragement when your partner faces challenges.
- Create a scrapbook of your favorite moments together.
- Make a promise to do something with your partner that he/she always wanted to do together.
- Start each day with sharing a quality you admire about your partner.
- Bring your partner his/her favorite coffee or beverage as a surprise.
- Complete a task or responsibility that your partner usually handles.
- Plan a picnic in a scenic spot.
- Write down 3 - 5 reasons why you're grateful for your partner, and share it with him/her.

- Dedicate a social media post to your partner, highlighting their importance in your life.
- Organize a surprise gathering with close friends or family to celebrate your partner.
- Leave a loving or encouraging note in your partner's bag or car.
- Give your partner a day off from parenting duties if you have children.
- Prepare a warm bath with relaxing scents after a tough day.
- Plan a 'just because' gift—a token of love without any specific reason.
- Compliment your partner in front of others, showcasing your honor and appreciation for him/her.
- Create a fort inside your home for a fun getaway without leaving your living room.
- Plan a 'no electronics' night to focus solely on each other.
- Start a hobby or class together, showing commitment to shared experiences.
- Volunteer together for a cause both of you care about.
- Create a time capsule of your relationship to open in the future.
- Take turns sharing what you love about each other.
- Plan a surprise meeting during the workday just to say "I love you."
- Send a care package to your partner's workplace with their favorite goodies.

And that's it for our 52 Ways to Appreciate Your Partner. I hope you found some gems here that resonate with you.

Remember, it's the little things from the heart and the willingness to show up for each other that keep the love strong. Use this guide as a starting point, but don't stop here. Keep finding new ways to show your partner they matter. After all, a little appreciation goes a long way in keeping the love vibrant and alive. Here's to building a deeper, more meaningful connection with your partner, one small gesture at a time.