

101 WAYS TO EXPRESS LOVE



COMPILED BY PAUL ZOLMAN

ILLUSTRATED BY LORI RANSOM



Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

Henri Nouwen

101 WAYS to EXPRESS LOVE® - Words

- I'm grateful for you.
- You have great ideas.
- Your opinions matter.
- You are important.
- I believe in you.
- This family wouldn't be the same without you.



- Show appreciation for ordinary courtesies.
- You were right.
- I love your creativity.
- I can't wait to hear about your experience.

101 WAYS to EXPRESS LOVE® - Words

- Take a genuine interest in someone else's interests
- I'm excited to spend time with you.
- I love the way you tell stories.
- Offer praise for things you normally don't mention.
- I admire and respect you.
- I trust you.
- Listen without being judgmental.
- I am so happy to see you!
- That was really courageous.
- I love how you express yourself.
- Give a genuine thoughtful compliment.





**Love is the only force capable
of transforming an enemy into
a friend.**

Martin Luther King, Jr.

101 WAYS to EXPRESS LOVE® - Touch



- Stroke
- Caress
- Holding Hands
- Kissing
- Hug/embrace
- Touch on arm
- Tenderness
- Cuddle and watch a movie
- Massage
- Eye contact

101 WAYS to EXPRESS LOVE® - Touch

- Find 10 different ways to kiss
- Visit someone you haven't seen for a while
- Pat on the back
- Cradle another's face in your hands
- Hold hands and go for a walk
- Rub someone's shoulders
- Put your arm around someone
- Scratch someone's back
- Email or text someone an encouraging message
- Slow dance





**Darkness cannot drive out
darkness; only light can do
that. Hate cannot drive out
hate; only love can do that.**

Martin Luther King, Jr.

101 WAYS to EXPRESS LOVE® - Service

- Serve a meal to the homeless
- Brighten the day of someone elderly
- Clean up litter from a local beach or highway
- Volunteer at a learning center
- Go to just-serve.org and pick a local service project
- Pull weeds for your neighbor
- Open the door for someone
- Share a talent you have with another
- Serve dinner to someone by candlelight
- Take your pet for a play day or walk



101 WAYS to EXPRESS LOVE® - Service

- Mail someone a card for no reason except to brighten their day
- Mow someone's lawn for them
- Read a book to a child
- Write a letter for someone that cannot write
- Raise money for a charity
- Give blood
- Help someone move
- Clean house for someone
- Serve your local political party
- Send a kind note to families of those who have lost loved ones





**Where there is love there is
life.**

Mahatma Gandhi

- Put a puzzle together with the elderly
- Visit the sick at the hospital
- Become a merit badge counselor for the Boy Scouts
- Volunteer at a local school
- Go on a date with your son/daughter
- Reach out to a friend you haven't visited with for a while
- Watch a movie with someone-and let them choose
- Do a favor or run an errand for a friend
- Play a card/board game with your family
- Plant a garden, and share the produce with someone



101 WAYS to EXPRESS LOVE® - Time

- Write a thank you note
 - Donate time for community service
 - Invite someone on a hike/vacation
 - Give time to the local animal shelter
 - Create a neighborhood game night
 - Learn to play an instrument, then share that talent others
 - Start a new hobby with someone
 - Exercise with someone
 - Plan, shop and cook a meal with someone
 - Set aside electronics for a whole day/evening with someone
- 
- A photograph showing two women in a kitchen setting, smiling and engaged in cooking. The woman on the left is wearing a white short-sleeved top and a grey striped apron, and is spreading a red sauce onto a flatbread on a wooden cutting board. The woman on the right is wearing a light blue short-sleeved shirt and a white apron with black patterns. They are surrounded by various ingredients like tomatoes, herbs, and cheese, as well as kitchen tools like knives and bowls. In the background, there's a potted plant and a framed picture on the wall.





**The most important thing in
the world is family and love.**

John Wooden

101 WAYS to EXPRESS LOVE® - Gifts

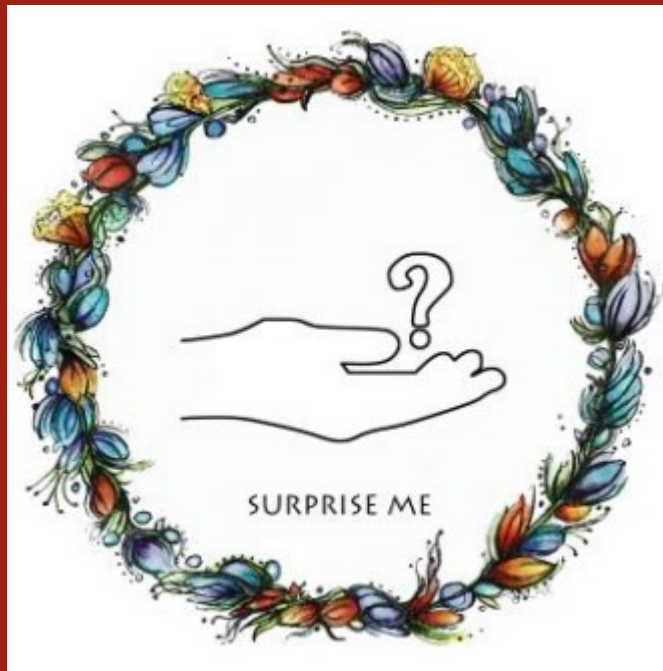
- Create a coupon of something you will do for someone
- Write a note of gratitude to someone and give it to them
- Send or deliver flowers
- Buy someone their favorite candy on an ordinary day
- Bake a treat for someone
- Invite someone over for dinner
- Take dinner to someone
- Volunteer to babysit without pay
- Volunteer to pet sit for free
- Take someone to a movie



101 WAYS to EXPRESS LOVE® - Gifts

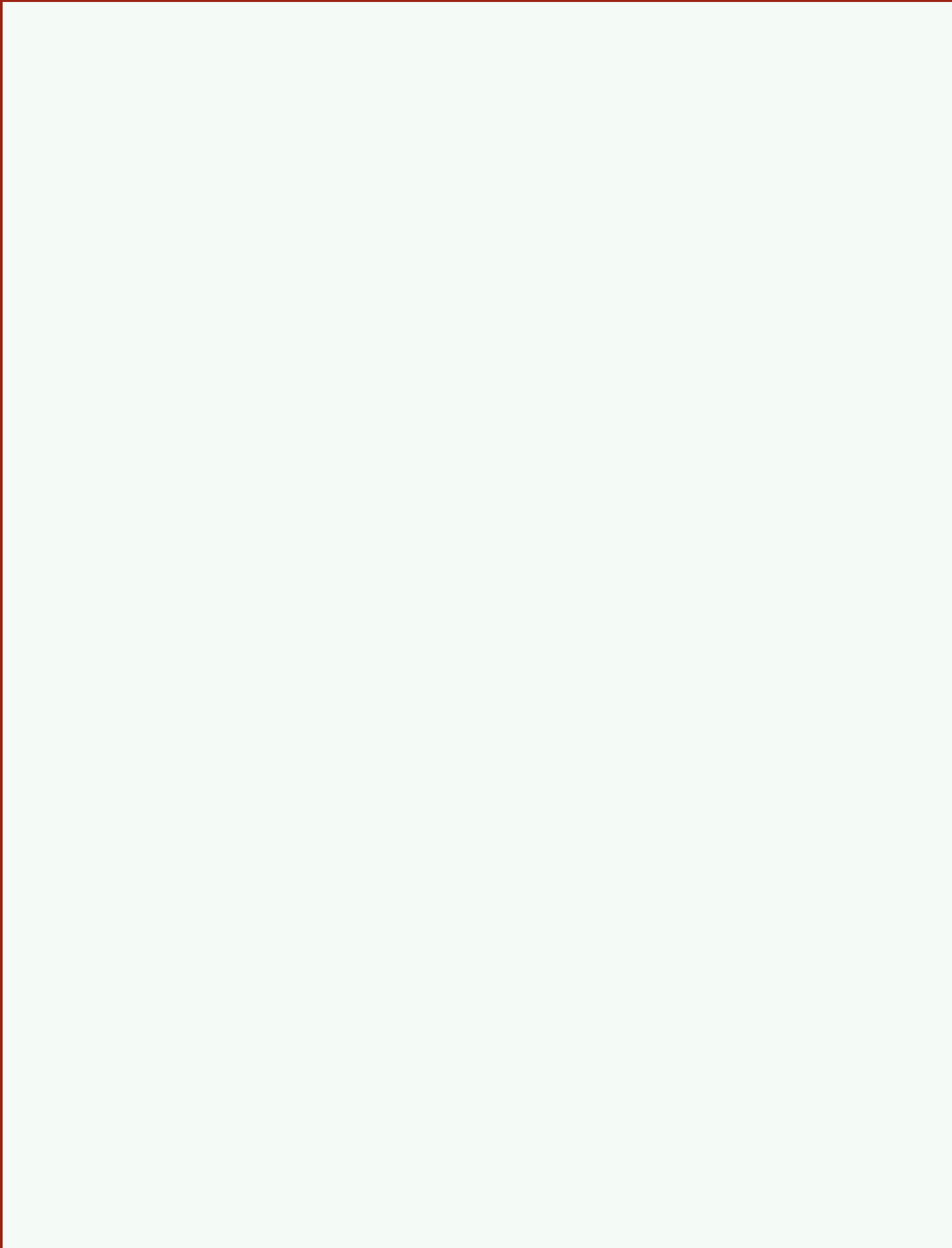
- Give a gift card for no reason
- Leave something special for someone anonymously
- Give to your local church
- Look online for worthy projects to donate to
- Visit someone who is lonely, such as a widow or widower
- Don't get upset when someone cuts you off in traffic
- Share a good book/movie with someone
- Give a certain amount to a charity on a regular basis
- Give 10% of your time/talents to the poor/less fortunate
- Choose not to complain





**The love in your heart wasn't
put there to stay. Love isn't
love 'til you give it away.**

Oscar Hammerstein



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As our expression of appreciation for downloading 101 WAYS TO EXPRESS LOVE, we have a special offer for you. To help you remember to express your love for others, we have a special bonus gift for you, the Role of Love Die.

Every morning roll the die and focus on that type of love throughout the day.

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