

01

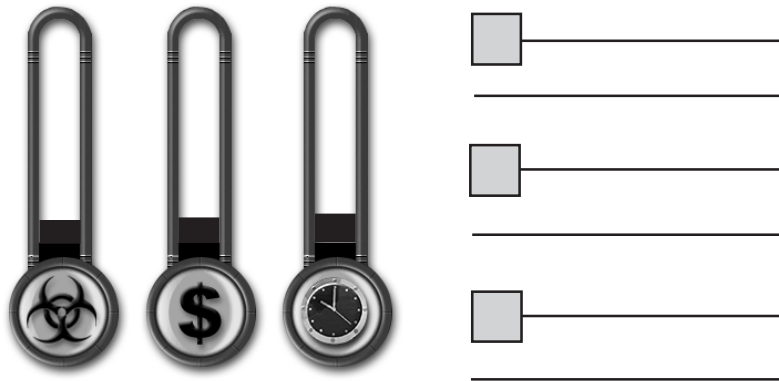
Note On The Mirror In The Bathroom.

DETAILS:

We are going to start simple until you get the hang of this, OK? Nothing big this first time, but it is a start for you (and for her as well).

This week's exercise will require a simple post-it note and a pen. Take the post-it note and write a very simple note for your wife on it, telling her that you love her. It can be as simple as "I Love You Susan" (if your wife's name is not Susan, please substitute your wife's name in place of the Susan in the example...please).

If you place this little note on the mirror where your wife does her hair and makeup, perhaps it would also be an idea to make some reference to a physical feature of hers that you particularly admire.



PITFALLS:

It is pretty hard to do this one wrong, but there are a few small things that could possibly detract from your desired impact. For one, if your wife's name is Janet and you put the "I Love You Susan" note on the mirror... I am fairly sure you will not get an overly positive reaction.

The second possible pitfall here would be if you decided to admire a feature that she does not find attractive, or a feature that she perhaps is not able to see in the mirror (we will leave that to your common sense). Similarly, avoid mentioning a feature that you have ridiculed her about in the past.

EXTRAS:

The extra credit this week is also very simple. Each day this week... sometime during the day... anytime will do... tell your wife that you love her. And, this is very important, mean it. I personally like reminding my wife that I love her just before I fall asleep at night. If I die in the night, then at least my last words were something positive.

Not to mention that in a few hours I may very well steal all her covers, roll on top of her, kick her in the shins, elbow her in the head or do any number of other things that may not entirely endear me to her. Try it (the saying I love you part, not the kicking in the shins), it is worth the effort.

Random Fact 001
The phrase 'rule of thumb' is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.

20 Message In A Bottle.

DETAILS:

It is time to up the ante a bit and really pull out all the stops. Do not fear though, this idea is not as hard as you are probably dreading it will be.

The message in a bottle idea hails back to those old stories where a person stranded on a deserted island would put a message in a bottle for their loved ones, and toss it into the ocean. The hope was that they would someday find the message and see how much they were loved.

You do not have to get stranded on an island to do this though. All you need to do is find a stylish bottle with a cork. You will be able to find this in places like Walmart, Army and Navy, Wine Breweries and many other places. You will also need some nice paper, perhaps in something more like a parchment.

Find a nice message to put on the paper (remember the stolen message from the greeting cards) or write your own. Be sure to sign and date your message. Then roll the paper up, slide it into the bottle and pop in the cork. Leave it somewhere for your sweetheart.

PITFALLS:

When shopping for a bottle, make sure that your paper is going to fit into it. Nothing is quite as frustrating as trying to cram an 8.5" paper into a 5" bottle. Also make sure you find a bottle with a wide enough mouth so that the paper will be able to come out again. It is usually a good idea to roll it up tightly and then fasten a small piece of ribbon or tape around it so that it can slide out easily. Try that yourself a few times first just to make sure it works.

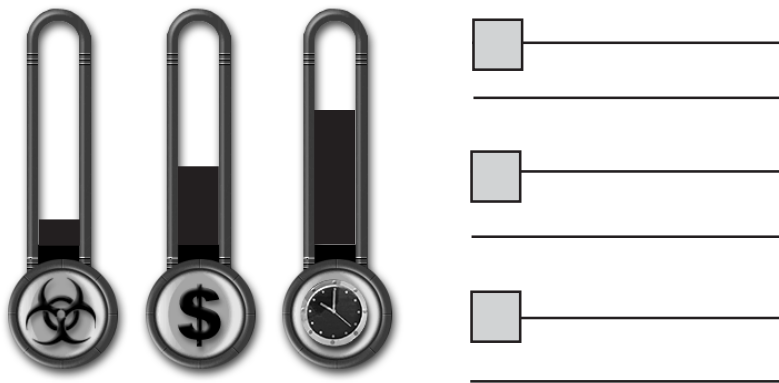
If this is done right, then your wife should keep the bottle and message somewhere just to remind herself how wonderful you are...now wouldn't that be nice?

EXTRAS:

Random Fact 020
In Ancient Greece, if a woman watched even one Olympic event, she was executed. Of course, the men competed naked as well, so that might have had something to do with it.

If you do this right, there is going to be thanks enough. I would not burden you with anything else. Just be sure to live the message of love that you placed in the bottle with your words, actions and thoughts. Remind yourself this week what it would be like to be separated from the one you love without ever

knowing if you are going to see them again. It is amazing how much that can change your attitude and feelings towards someone.



39

Hourly Envelopes.

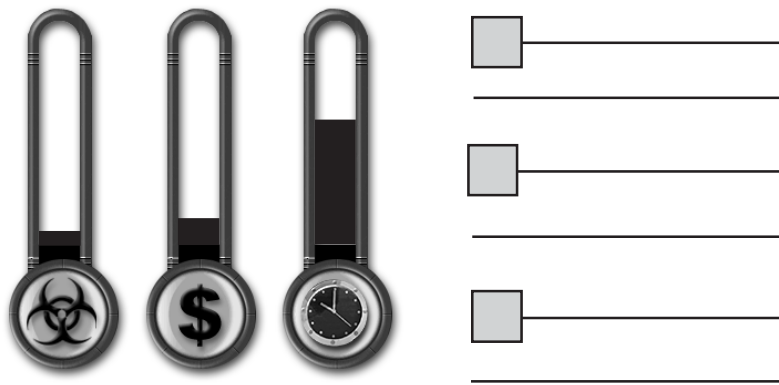
DETAILS:

My wife first did this idea for me in the first year we were dating. That doesn't mean I cannot modify it and reuse it as a great idea does it?!

Go and find 8-10 letter sized envelopes and the same number of sheets of 8.5"X11" paper.

The idea is to provide your wife with a small message from you, which she will read each hour of the day. Write a brief note on each piece of paper (I know 8-10 is not easy, but stretch yourself) and then fold and seal in the envelopes. Mark the fronts for each hour that you are going to be away. She is allowed to open the 12:00 envelope at 12:00 and the 1:00 at 1:00 (following it so far?).

That is about it. Simple and effective.



PITFALLS:

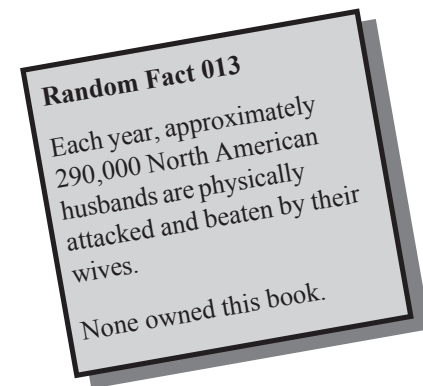
It can be hard to think of 8-10 things to write down for the day. Look back on the sample messages in idea # 10 if you are stuck (or make a run to the card shop and start copying down sappy messages).

You will also want to leave a small post-it note for her on the stack of envelopes that explains what the idea behind this is. Otherwise you may find your surprises stamped and tossed into the mailbox.

EXTRAS:

Other things besides simple notes can go into the envelopes. If you can coordinate your notes with something special planned in the evening, it can build up wonderful anticipation. I once did something along these lines for my wife and took her out to dinner and a play at night.

There were clues to that effect throughout the day and the last envelope had the tickets. Be creative. It doesn't have to be a Broadway show, only something fun that she will appreciate.



59

I Love You in different Languages.

DETAILS:

On a piece of paper or on a series of post-it notes, write down the following phrases:

I Love You	- English
Je t'aime	- French
Ya loblou tebya	- Russian
Aku cinta padamu	- Indonesian
Ti amo	- Italian
Te quiero	- Spanish
Ik heb je liefte	- Dutch
Jag alskar dig	- Swedish
Jacie kocham	- Polish
Seni seviyorum	- Turkish
Ngoh oi nei	- Cantonese
Eu te amo	- Portuguese

Then perhaps write, "*No matter how you say it, it all means the same. I love you!*"



□ _____

□ _____

□ _____

Once that is done, take the piece of paper (or number of them if you used post-it notes) and place it where your wife will find it. She will marvel at your effort and research, and you will find the message is well appreciated.

PITFALLS:

Since I have already done the research for you, and provided you with a list, all you have to do is write and leave the paper(s) somewhere. Not too difficult a task, and likely one that you can accomplish without any undue strain.

As always, keep paper out of the reach of pets and very small children. Beware of paper cuts as well.

EXTRAS:

This week learn a foreign language and compose a song for your wife in that new language.

Sound a little too hard? OK... then let us think of something a little easier. Perhaps this week you could ensure you are properly telling your wife that you do indeed love and cherish her. Do a little inward accounting and see if your gestures and words are genuine.

Faking romance is one thing, faking love is something else all together.

Stay tuned for my follow-up book, *How to Fake Love (When your Lust is Real)*.

Kidding... really.

