26 WAYS TO GIVE LIFE TO YOUR WIFE

1. Compliment and build her up in front of your friends. She is not “the ball and chain.”
2. Go to bed at the same time.
3. Make her playlists of her favorite songs and the music you enjoy as a couple.
4. Text her before going into a meeting to see if she needs anything. Send “check-in texts” randomly throughout the day.
5. Give her a kiss when you come home from work and tell her you missed her.
6. Hold hands in public. Your wife needs 7 non-sexual touches each day.
7. Ask her lots of questions - how her day was, what she is thinking about, how you can better help or serve her - and then listen.
8. Don’t compare her to other women.
9. Plan a date/getaway for the two of you.
10. Ask her advice for a problem or challenge you are having.
11. Thank her for the day-to-day things she does and wearing all the hats she wears. Showing appreciation for the little things she does means a lot.
12. Ask how you can help with dinner, chores, the kids, etc. as soon as you arrive home.
13. Bring home or drop off little unexpected gifts that show how much you appreciate her.

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14. Surround yourself with Godly friends who have the similar values and desires. This gives your wife or girlfriend confidence about your decision making when you are apart.
15. Sit beside one another and cuddle during family movie night.
16. Open doors for her, walk between her and the road - be a gentleman.
17. Spend time with the kids -- play, wrestle, help them with homework, read scripture with them. Regularly affirm that. Seeing you engage them feeds her spirit.
18. When she is struggling, listen. Avoid trying to fix the problem. Provide comfort. Ask if there is anything you can do to help. If not, just be happy with listening.
19. Take on the kids, cleanup, and other chores so she can enjoy time to herself.
20. Learn and share her love language - Words of Affirmation, Physical Touch, Acts of Service, Quality Time, etc.
21. Make it a habit to laugh together every day - this is HUGE!
22. Take a break from being productive and just be silly and fun. All the things you enjoyed together when you were dating still apply - even more so now when life is busier!
23. Turn off your electronics so all your attention can be on her.
24. Write out all the things you love and appreciate about her, present it to her and tell her that you would choose her all over again.
25. Pray together - for one another and over one another.
26. Tell her “I love you” every day.