



The Card Box

Imagine opening your brief case or pocketbook to find an envelope that says "Hi!" or "Good Morning", and a card that reads, "I am wanting to squeeze you right now!", or "I love you sooo much!". How would that make you feel? How would that make you feel knowing you sent such a note??

HERE'S THE GAME: To be clever and loving using spontaneous and frequent written expressions of love, appreciation and acknowledgement of just how important your partner is in your life. Let them know how important and special they make you feel.

HERE'S WHAT YOU DO: Frequent some card stores or breeze by the card displays at grocery stores. Pick up a dozen or so of the cards with great covers and nothing written inside. You may also select some with messages of love or appreciation, but make sure you always have at least half a dozen blank cards on hand at all times. Now make it a point to leave personalized love notes in clever little places that will give wonderful hit of love during the regular run of your loved one's day.

Mail a note to them at work or home. Slip one in their pocket, purse, wallet, and glove box, inside the refrigerator or even in the medicine cabinet. Place several in a daily planner under a variety of days, or slide one in their desk drawer. Drop one somewhere they may not look for a month; or leave a love note in their toolbox, or pinned to the ironing board. Make a note of something they did, or do, that you think is especially great. What a great way to reinforce that kind of behavior!

ACTIVITY CHECKLIST:

- Put all your cards in a box or a file.
- Categorize them by Birthday, Get Well, Anniversary, Wedding, Sympathy, and Special Friendship or Thank You Cards.
- Perhaps you can get some fancy colored pens.
- Get some fancy stickers to add effect for the envelopes or inside the cards and notes.
- Think of at least five places you can put cards to enhance the experience and make it special for your loved ones.
- Here are some of my personal favorite spots: Any pants or coat pocket, inside a briefcase, suitcase or pocketbook, stuck on a page of their favorite book, in the glove box or right on the steering wheel, inside the refrigerator, stuck on the inside of a kitchen cupboard or medicine cabinet, on the mirror, under their pillow if you know you will be home late, in a clothes drawer, mail it to them, have somebody who is going to see them give it to them, or inside anything you know they are eventually going to open up!
- How about taking turns hiding a cute stuffed animal around the house for the other to find?
- Review the following to prompt great ideas to write and share:
 - What little things do they do that you love about them?
 - What are you most grateful for in your relationship?
 - What would you like to acknowledge them or thank them for?
 - What have they done recently that made you crack up?

Or Just write "I Love You!"

© Copyright 1995 Creative Achievement Worldwide • All Rights Reserved in All Countries

TurboCoaching.com