## **WELCOME TO THE HUSBAND PROJECT!**

In this packet you'll find information for your daily projects, including each week's *Bonus Project*, to be completed at the time of your choice, once within each of the three weeks.

## Bonus Day - Week 1 Sex - Doing Your Homework

It's time to talk about sex, ladies.

Your man needs and wants sex, probably more than you do.

If a man feels like he's desirable to you, the love of his life, the other areas that he may be struggling in (work, parenting, etc.) seem somehow more manageable.

One time this week, it's your job to initiate sex. For some of you, this is going to be way beyond your comfort zone. Do what you can – if it means snuggling, do that. The idea here is to take the first step and be open and tender.

In my experience, it's better to shoot for earlier in the week to "make your move," so that if things come up (he has to work late, sick kids, etc.) you still have some time to check this off your list.

In preparation for your romantic evening, I encourage you to pick up a book on the subject. Let it be your inspiration in case things have become a little predictable (or downright non-existent).

Two of my favorites, both written by Dr. Kevin Leman "Sex Begins in the Kitchen" & "Sheet Music"

## **DAY** #1

# 30 MINUTES IS ALL IT TAKES: GIVE HIM SOME FREE TIME WHEN HE GETS HOME How do you greet your husband at the end of a long day?

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If you get home first, do you meet him at the door with a list of things that needs to be done, a list of complaints about your day, or perhaps, an armful of kids?

If he gets home before you, do you walk in with a list of demands for the rest of the night?

Most men are looking for are a few minutes to transition from work to home. Focus on *his* transition tonight. If you have kids, let them give dad a quick hug and tussle. If it's just the two of you, give him a quick kiss then tell him the next half an hour is his to do with as he wishes; lay down, watch TV, read a book, play a video game—whatever. The choice is his.

#### PRAYER FOR TODAY

Dear God, help me to drop the to-do list fro my husband today and focus on who he is not just what he can do.

#### **GETTING CREATIVE**

There are plenty of reasons why it might not be easy for you to give your husband some transition time at the end of the day. We need to look at what can work for *our* relationship. Be creative, like the stories listed below. Brainstorm with your friends until you find a situation that will work for you and your guy.

- My friend, Joann, purposely scheduled her daughter's dance classes twice a week at the same hour that her husband gets home from work. That way, her hubby comes home to an empty house. He gets some quiet, and she gets a more peaceful man.
- One husband has his workshop out in the garage. His wife encourages him to go and hang out there for a while before dinner. (Since starting this arrangement, her husband has started helping out with the after-dinner clean up. Nice side benefit.)
- Crock-pots are The Husband Project's best friend. Set your crock-pot to finish thirty
  minutes after your husband gets home from work. Let him know you don't need
  anything until dinner is ready.
- Some husbands want to connect with their wives for their 30 minutes (different guys, different needs...). One wife who worked on this project, made a point of asking her husband about his day instead of giving him a 30-minute answer to his question about her day.

## **YOUR PROJECT:**

Focus on your husband's "transitional" 30 minutes today. Use one of the suggestions above or come up with our own plan. The point is to let your husband know you value what he does out in the world and there's a safe loving place to come home and refresh at the end of the day.

MY PLANS:		
REACTIONS (HIS & MINE):		

## BACK IN THE DAY: DO SOMETHING HE ENJOYED BEFORE YOU GOT MARRIED

Most guys don't spend a lot of time hanging out with their buddies—you are their buddy. They married you to have a built in friend to do those things with (the fact that the two of you can have sex is definitely a bonus as well...)

My husband loves to go to the woods, build a fire and have a cookout. I'm more of an eating-out-with-white-tablecloths kind of girl. But, you know while we were dating, I was the happiest "camper" around. I would have hunted wild moose just to be with him.

It's time to think about those things your husband loves to do with you—his buddy. Maybe it's hiking up a mountain, hanging out at Best Buy, or watching his alma mater's team play football at the local high school. Doesn't matter if you like it or not—your fun will come from watching the look on your husband's face as he reclaims some of his long forgotten loves. (Video gaming, anyone?)

## PRAYER FOR TODAY

Dear God, I pray that my husband can view me as his friend and lover, as you have designed.

## **YOUR PROJECT:**

Initiate a time to do something your husband used to love. Whether it's his favorite hobby, sport or pastime, it's time for you to get involved. Be his buddy today.

MY PLANS:		
REACTIONS (HIS & MINE):		

## YOU DA'MAN - SPREADING GREAT GOSSIP ABOUT YOUR GUY

As cliché as it may sound, our husbands want to be our heroes.

More than they want to know we love them, they want to know we respect them. They need to know they're never the butt of our jokes; that, instead, they're the go-to-guy in every story we tell.

**Step One**: Make an opportunity today to brag on your husband to someone else. Doesn't matter if it's one of your friends or one of his. Let that somebody know how lucky you are to be married to the guy that you have.

**Step Two**: Let your husband know you bragged on him. He needs to know that he's the good guy in every story you tell.

#### PRAYER FOR TODAY

Dear God, let the words of my mouth and the meditations of my heart be acceptable in your sight.

#### GETTING CREATIVE

Who are the important people in your husband's life? Your kids, his parents, his friends? Be intentional about whom you chat with when you brag on him — it's almost as important as actually doing it.

Having a hard time coming up with something? I still brag on my guy for things he did years ago. He loves when I tell the story of how brilliantly he proposed (there were waterfalls and stuffed portabella mushrooms involved...).

## **YOUR PROJECT:**

Say something nice about your husband to someone else. Make sure you share with him what you said, and to whom.

MY PLANS:		 
REACTIONS (HIS & MINE):		

#### HEART VS. STOMACH

It's time to think about food, glorious food.

My husband loves a candy called Cherry Sours. They're little red sugar balls that he's in love with. To me, they taste like the stuff your dentist uses to rinse out your mouth after a painful cleaning.

So, I try to find Cherry Sours, whenever I can. They can be very hard to locate, so when I do, I stock up -- without Roger knowing. Then, when he's having a rough time at work, or I want to say congratulations for a job well done, I break out the Cherry Sours.

Is there a treat that you personally find revolting that your husband loves? Get it for him, letting him know through this small act, "This is all for you, baby..." (And if you truly don't like the treat, he won't feel obligated to share).

#### PRAYER FOR TODAY

Dear God, I want my husband to know he is honored and cherished, even in the little things I do for him.

#### **GETTING CREATIVE**

Stumped for ideas? Here are some thoughts:

- Get his favorite pint of Ben & Jerry's and hide it behind the frozen chicken, part way
  down in the deep freeze. Even if you buy it on Tuesday you'll have it ready and
  waiting for his special night later in the week.
- Is there a certain cut of meat your husband loves? How about having the butcher cut something just for him?
- Is there a certain candy your husband relishes from his childhood? Check out <u>www.candywearhouse.com</u>. They have all the nostalgic candy you could ever want (Black Jack gum, anyone?) while also carrying any modern favorite you might be searching for.

## **YOUR PROJECT:**

Get a food treat for your husband that he's not required to share with you or any other family member.

My Plans:		 	
REACTIONS (HIS &	MINE):	 	 

## **EFLIRT.COM - TEXT OR EMAIL SOME SWEET NOTHINGS**

Remember when you were dating, how you couldn't wait for his phone call? Just the sound of his voice made your heart beat a little faster.

Then real life happens. You have jobs, kids, rent or a mortgage, laundry to fold and lasagna to bake. It's been a long time since your heart has risen above a waltz, much less a mambo.

Maybe it's time to put some pitter-patter back into the relationship.

Send your husband a flirty e-mail or text message today. Let him know you cannot wait to see him tonight—that you are counting the hours. A little over the top? I bet he won't think so.

If you're going to go beyond flirty to slightly scandalous (which, by the way, I highly encourage) make sure it's his private e-mail or cell phone. You don't want Big Brother at his company knowing how little you'll be wearing tonight.

#### PRAYER FOR TODAY

Dear God, may my husband have the security to know he is the only man for me – that you have designed us to be together.

#### **GETTING CREATIVE**

- Use an e-card service (Hallmark.com or americangreetings.com) to send a cute and flirty note.
- Don't know how to text? Ask any teenager in the general vicinity.
- Most phones have a camera feature where you can send a photo message. Be sure to keep it G-rated so he doesn't get in trouble at work.

## **YOUR PROJECT:**

Send a flirty text or email to your husband.

My Plans:		 	
REACTIONS (HIS & MINI			

## A LITTLE HANDS-ON ATTENTION

Physical touch is vital to relaxation. I have some friends whose husbands enjoy back massages. Some are more into sheet thread-counts.

Find something that will help your husband relax. New pillows, massage lotions...your choice. Make it something that both of you will enjoy.

And yes, I do know what massage leads to. Just combine this with one of the Bonus Projects.

#### PRAYER FOR TODAY

Dear God, please let me learn to enjoy my husband in every aspect of our marriage.

#### **GETTING CREATIVE**

- I'm way more inspired to do this project when I've just purchased a new lotion or massage oil. Run to the mall and buy a jar of "inspiration."
- Get some luxurious new sheets whether you are into silk or flannel, buy the best quality you can afford. Transform your bed into a cocoon where you can both snuggle down and barely resist staying there all day.
- People let their pillows go way too long without being changed. Take a look at yours

   do they say luxury or limp, lumpy and lifeless? May be time to lay your head on something new.

## **YOUR PROJECT:**

Help your husband relax by either giving him a massage or providing some other form of physical comfort.

MY PLANS:		
REACTIONS (HIS & MINE):		

## TROPHY WIFE - LOOKING GOOOOOOD FOR YOUR MAN

Most husbands are pretty visual creatures. They love to be proud of the way you look.

Is it possible (just maybe...please don't take offense here) that you might not be putting forth the effort that you once did, when it comes to looking your best? Do you get dressed to the nines to go out for dinner with your girlfriends, but put on the same old sweatshirt to grab dinner with your man? I know, I know. Life is busy, you have a million things to do everyday, and not one of them is looking like a Barbie Doll every time you two run out to the grocery store.

The problem is our men want to be proud of us. Doing our hair, putting on the cute jeans instead of the super-comfy (read: butt-ugly) sweats, or even just putting on lip gloss shows that you care and are thinking about his needs as well. The next time the two of you leave the house together, put some extra effort in an area that you know is important to your guy.

### PRAYER FOR TODAY

Dear God, help me to see myself through my husband's eyes. Help me to be creative and have fun so we can both find enjoyment in my appearance.

#### **GETTING CREATIVE**

Take ten minutes and pull three outfits together; ones you know you look hot in. (If you don't own anything like that, then it may be time to take two hours and go shopping with a trusted friend, and find some clothes that make you feel smokin'.) Hang the pants, shirts and accessories all together on the same hanger so you have three cute at your fingertips the next time you're heading out for dinner.

Every girl needs a pair of "go-to" jeans – those great ones that fit just right and look amazing with a pair of high-heels or boots. Make sure your "go-to" jeans are clean and ready to go at a moment's notice.

My Plans:		 
REACTIONS (HIS & MINE):		 

## WELCOME TO WEEK #2 OF THE HUSBAND PROJECT

## Bonus Day - Week 2 Sex - Shopping, a Gift for Both of You

How's your lingerie wardrobe? Was the last teddy you bought a week before your wedding?

One night this week: Wear something sexy to sleep in. It doesn't need to be one of Victoria's sweet nothings. Perhaps just a silky nightshirt or a lacy camisole; the goal is to dump the Nike t-shirt you normally sport.

It's your job to make sure that sleep is not all that happens in your pretty new nighty.

Make the extra effort to feel great about yourself — you know that some of that mood will rub off on your husband.

## Prayer for Today

Dear God, sometimes I see sex as a burden instead of the gift it is for our marriage. Please help me feel confident in the area of our sex life.

## **DAY** #8

## LOCATION, LOCATION – A SPECIAL TREAT IN A SPECIAL PLACE

It's food again, but this time it's all about setting.

Maybe it's doing a tailgater at a football game, or going to his favorite coffee shop and reading the paper with him on a Saturday morning. Donuts in bed? Whatever would be fun for him is the plan for the day.

We have a fire pit on our back patio. While our kids like to do s'mores over an open flame, we are more about cheese and fruit next to the fire.

#### PRAYER FOR TODAY

Dear God, teach me to create places of celebration – no matter how small – in my home and for my husband.

#### **GETTING CREATIVE**

No need to get super fancy here. If he simply enjoys popcorn in front of the TV, that's OK. Remember, just for this one little project, it's all about him. Some other ideas?

If he enjoys being outside, how about dinner in the back yard? I have a friend who doesn't have patio furniture, so she actually drags her wooden breakfast table and chairs outside. It's not about resources, it's about creativity.

One thing our family has done on several occasions, especially when the kids were little, was to have a carpet picnic. Spread out some quilts, watch a movie and enjoy the great indoors. (This would be a great night not to serve soup.)

For a more grownup encounter, how about a shower or bath with chocolates...

VOUR PROJECT

Make it food and make the location fun. Really, that's all it is.							
My Plans:							
REACTIONS (HIS & MINE):							

## HI-HO, HI-HO...WORKING TOGETHER

Today, you'll be coming along side your husband to get the job done.

It could be as simple as taking out the garbage, cooking dinner, or washing his car. Offering to do a job with your man is a great way to get the job done, and have some fun along the way.

#### PRAYER FOR TODAY

Dear God, let my husband feel he has a partner in me. May he be blessed and supported by me everyday.

## **GETTING CREATIVE**

Make it fun and get "his" work done so you can both play.

- Does he enjoy cooking? Maybe he'd appreciate a prep cook for the day. Let him perform his sauté magic while you chop, clean and do whatever it is that will let him release the Rocco within.
- If he's one of those clean car freaks (we don't have any at our house, but I've heard they do exist) use your Handyvac skills to clean the inside while he works on the outside.
- Would he rather work alone? Get him a cold drink or a hot chocolate to let him know you're grateful for the things he does.

## **YOUR PROJECT:**

Help him with one of his regular jobs or thank him for what he already does.

MY PLANS:		
REACTIONS (HIS & MINE):		

## DRESS TO IMPRESS: WEARING SOMETHING JUST FOR HIM

He probably won't even notice. That's OK – you'll know that you wore something just for him.

Maybe it's a shirt he's given you a compliment on, or the necklace he got for your birthday.

What's his favorite color? If you have a shirt in that color, that could be your project for the day. Revel in the fact that you're the only one who knows you're doing this just for him.

#### PRAYER FOR TODAY

Dear God, I pray my husband knows he's special to me in every way – that he is worth the extra effort.

#### **GETTING CREATIVE**

Is your husband a sports fan? Maybe the sexiest thing you could wear is a t-shirt with his team's logo on it.

## Your Project:

Wear something just for him. You can go buy something, or pick an item you already own. He doesn't need to know what you're doing – you know and that'll change a little something inside of you.

MY PLANS:	_
REACTIONS (HIS & MINE):	_

## STRESS-BE-GONE: ELIMINATE SOMETHING THAT MAKES HIM CRAZY

Does your husband have to remove a driveway-full of bikes before he can park his car? Is he a neat freak who comes home to Mount Fold-me on the couch every day?

Today's focus is to remove one stressor from his life. Figure out what makes him feel a tiny sense of defeat each day and plan to remove it.

## PRAYER FOR TODAY

Dear God, let me do these things, not to be noticed, but so my husband will feel loved and honored, even in the little things.

### **GETTING CREATIVE**

- Does the sound of Cartoon Network blaring when he gets home drive your guy nuts? Maybe some Mozart (or Creedence Clearwater Revival) would be a better sound to greet him with.
- Does your he-man need to wade through piles of make-up and "product" just to brush his teeth? Time to declare some man territory in the bathroom. Put your stuff in baskets or on shelves so he has clear access to all his gear.
- Where's his favorite spot in the house? If it's the chair by the TV, make sure the remote is handy and his news magazine is at hand.

## **YOUR PROJECT:**

Remove some little annoyance from his life.

My Plans:	 	 
REACTIONS (HIS & MINE):	 	 

## GOTCHA! NOTICE THE GREAT THINGS HE DOES

Be intentional about noticing the great stuff he does. If he does a great job cooking the pasta, or playing with the kids, big or small, it doesn't matter.

It's time to really seek out all the things he excels at. Keep the list to yourself or let him in on how wonderful he really is.

Just once today, let him know something you love about him.

#### PRAYER FOR TODAY

Dear God, my husband has so many great qualities I can overlook. Let me see him with new eyes today.

#### **GETTING CREATIVE**

Keep a 3×5 card in your pocket today. Every time some great quality about your guy comes to mind, make a note of it.

If you're having a hard time coming up with items for your list, ask around. Ask your friends, your mom, your kids – anyone who is a fan of your man can help point out all the good stuff.

My Plans:				
REACTIONS (HIS &	MINE):	 		

## ON MY MIND - CALLING HIM JUST TO SAY "I'M THINKING OF YOU"

Your life is so busy. It's hard to find a moment for yourself each day. There are days when I could go for hours, so involved in my own projects that I can totally forget to think about, or pray for, my husband.

What can you put in place to remind you to think about your husband throughout the day? Be creative. Maybe it's a picture of him on your dashboard, or spraying his cologne on a scarf and keeping it in your purse. Whatever it is that reminds you of him, keep it around so you can call him later that day and say, "You have been on my mind all day." Trust me, it will make his day.

#### PRAYER FOR TODAY

Dear God, help me with any attitude of entitlement I have about our workload being equal. Help me to have an attitude of service instead of bitterness in every situation.

#### **GETTING CREATIVE**

Set an alarm on your cell phone for every couple of hours today. Let this be a reminder to stop and pray for your husband throughout the day.

Do you have a picture of your husband on your cell phone? Make sure you do so that when he calls, his cute face will show up. (Ask a techie teenager to show you how to program this on your cell.)

## **YOUR PROJECT:**

Set up reminders during your day to think and pray for your husband. Let him know sometime during the day that he has been on your mind.

MY PLANS:	 	
REACTIONS (HIS & MINE):		

## MOVE OVER RACHEL RAY - COOKING SOMETHING HE LOVES

It's an unfair fact of life – men love a woman who can cook. This is the project where you get to put your culinary talent to use. Cook something he loves.

If you're not a cook, look for something easy. (We will be sending out recipes once a week than any non-cook can master.)

## PRAYER FOR TODAY

Dear God, I pray that my husband knows my love for him by my efforts, not just the results.

Make your husband something special in the kitchen (reservations don't count).

## **YOUR PROJECT:**

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My Plans:			
REACTIONS (HIS & MINE):			

## WELCOME TO WEEK #3 OF THE HUSBAND PROJECT

## Bonus Day - Week 3 Sex - I Think We're Alone Now

One time this week: Time to clear out the house. If you have kids, send them to grandma's for the night. If you have a regular bunko game, skip it. Cancel appointments with your friends and make one with your husband. Let him know early in the day what you would like to do tonight. This could be one of his better workdays in a long time.

## Prayer for Today

Dear God, sometimes I see sex as a burden instead of the gift it is for our marriage. Please help me feel confident in the area of our sex life.

### **DAY #15**

## WHAT NOT TO WEAR - PITCHING THE PAJAMA PANTS

We start off the week by getting rid of one piece of "comfortable" clothing. You know the one - it could be the pair of sweats, some comfy slippers, or a college sweatshirt. Your husband may not even notice that you have done away with it. The point is you are taking another step towards thinking about him when getting dressed, instead of going to those sad, sad, jammie bottoms once again.

#### PRAYER FOR TODAY

Dear God, make me focus on actions that change my attitude, instead of trying to change my husband.

#### **GETTING CREATIVE**

Just get rid of it. That's all. You know what "it" is. For me, it was my pair of brown, cropped sweatpants that I thought were perfectly acceptable...but my husband would ask, "Do you want time to change before we leave?" even if we were just going to pick up a carton of milk. I got the hint.

- What do your slippers look like? If they're the pair you had in college, time to walk them out the door.
- For one of my friends, it was a hair scrunchie that was seeing a little too much time outside of the house. (There was a bonus here because a number of her friends were about to have a scrunchie intervention. This project kept her out of a scrunchie 12-Step Program.)

## **YOUR PROJECT:**

Get rid of one item of clothing you know your husband is not in love with. If it's a favorite that you'll have a hard time parting with, go ahead and purchase a replacement you know your guy will like.

My Plans:		 	
REACTIONS (HIS & MIN			

#### CAT CALLS: LETTING HIM KNOW YOU THINK HE'S HOT

One of the things our men are looking for is affirmation. If he knows that we find him desirable and attractive, it goes a long way in giving him confidence in other areas of his life.

What drew you to him in the first place? I know he had a great sense of humor, and was kind, but let's go shallower than that. What physical attribute did you first notice about him?

Was it his piercing green eyes, his crooked little smile, his cute butt? Remind him that he still "does it" for you.

#### PRAYER FOR TODAY

Dear God, may my husband know that I am attracted to him and choose him above all other guys.

#### **GETTING CREATIVE**

Looking for inspiration? Check out the Song of Solomon in the Old Testament. Talk about knowing how to show your adoration - woo hoo.

- A little out of practice when it comes to flirting? Imagine what you would love to hear from your husband and turn it around on him.
- Walk in on him when he is on the shower, just stand there and when he asks what are you looking at, just sigh and say, "Just enjoying the show."
- No fair using your womanly wiles on him when he is performing a household task.
   The words "Wow, you look so hot when you are scrubbing the toilet," are not allowed.

## **YOUR PROJECT:**

In some small way today, let your husband know you're still attracted to him physically.

My Plan	s:				 
REACTION	NS (HIS &	MINE): _		 	 
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#### PLAYING HOOKY: A LITTLE TIME OFF

I keep a pretty frenetic pace in life. That along with the fact that we have four kids, has meant, sadly, sleeping in for my husband has become nothing but a distant memory.

Make an opportunity today to let your husband have the morning he would like. If he wants to sleep in, do what's needed to make that happen. If his idea of a great morning is getting up and going for a run, or going to look at classic cars, make that happen - whether you go together or he wants to go by himself to linger, no worries. Any answer here is valid - just as long as it's something that blesses him.

Obviously this is best done on his day off, so swap days accordingly.

#### PRAYER FOR TODAY

Dear God, I pray that my husband finds places of rest in his day. Let me contribute to that today.

## **GETTING CREATIVE**

- Let him in on your plans for his day off. You can ask him earlier in the week what he would like to do on his day off. Find out if you really need a babysitter, or would he like to hike with you and the kids in a nearby park?
- Start planning early in the week. The sooner you start planning, the less stress there will be to arrange for any last minute details. Remember, the point is not to stress you out; it's to bless your guy.

## **YOUR PROJECT:**

Whatever it takes to let him have some time off, make it happen. That simple.

My Plans:		
REACTIONS (HIS & MINE):		

#### DINNER'S ON ME - MAKE IT HIS FAVORITE MEAL

My husband loves to go out to dinner. He promises me it has nothing to do with my cooking; he just likes the whole experience of dining on the town.

Recently, I went to his favorite Mexican restaurant and got a gift card with just enough on it to cover dinner for two. When he drove into the garage that evening, I ambushed him and let him know that dinner was on me tonight.

With the car still running I jumped in and we headed to our slightly impromptu date night. That has probably been the most successful project for me so far - he still talks about how great it was to come home and see that it was all planned out.

## PRAYER FOR TODAY

Dear God, it's my deepest desire that my husband knows he is loved and cherished. Let my words, planning and actions reflect that everyday.

#### GETTING CREATIVE

- If you don't know whether your husband will be in the kind of mood that an ambush dinner requires, present him with the gift card to be used tonight, or another night of his choice.
- Steaks on the BBQ when he gets home may be just the thing your man would love.
- The aroma of cooking can be as much a part of this project as the food itself.
   Having lasagna baking in the oven with garlic bread ready to go would be most husbands' dreams come true.

## **YOUR PROJECT:**

Make it his favorite meal – whether it's eating out or eating in.

MY PLANS:		
REACTIONS (HIS & MINE):		

## THE SERVICE HERE IS EXCELLENT - BRING THE B&B EXPERIENCE HOME

Back to food.

One of our favorite getaway spots is a little bed and breakfast in the mountains. When you ask my husband why he likes it so much, you very well might hear about "the cheese and cracker plate with fruit that is always waiting for us when we arrive."

It's time to take a little of the B&B experience home.

Why not have a snack to share when he gets home? Some of his favorite nuts and chocolates up in your room, or some cheese and crackers out on the patio could be just the transition he needs after a long day.

#### PRAYER FOR TODAY

Dear God, remind me to treat my husband with more care and honor than any guest who comes into our home.

#### **GETTING CREATIVE**

- My husband loves a special kind of root beer that we cannot keep in the house.
   (With four teenagers it's hard to keep them from eating anything within their line of sight.) If I want to make sure he can have a cold drink after work, I hide it under the veggies in the crisper no chance of the kids looking there.
- If your husband gets home before you do, plan ahead by hiding a treat in the fridge for him. Call during the day to let him know that it's waiting for him.

My Plans:		
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REACTIONS (HIS & MINE):		

## **POST-ITS: MAN'S GREATEST INVENTION**

Keep it simple today. Put a Post-It in his briefcase, on his dashboard, in his wallet; anywhere he will find it. Make it fun, make it flirty, but just make sure he is the one who will find it. Wink-wink.

## PRAYER FOR TODAY

Wherever he is God, remind my husband that he is loved and thought of.

## **GETTING CREATIVE**

Think about your husband's day and all the places he might find your note:

- The spare change tray in his car
- His drawer in the bathroom
- Under his car keys
- Your mailbox
- In his shoe
- In the medicine cabinet

## **YOUR PROJECT:**

Leave a cute and flirty note for your husband to find.

MY PLANS:		
REACTIONS (HIS & MINE):	 	

## CAR CHASES AND KARATE CHOPS: IT'S GUY MOVIE NIGHT

What does your husband consider relaxing?

One of the most marriage-testing conversations a couple can have takes place in the aisles of your local video store. You want romance and subtitles – he wants guns and grunts.

Let him win the media wars as you suggest an action-packed-car-chasing-things-exploding thriller.

## PRAYER FOR TODAY

Dear God, help me enjoy the things my husband enjoys. Let him see that I try to connect with him in ways that are big and small.

#### **GETTING CREATIVE.**

- It doesn't matter if this happens at home or the local Cineplex. Just find the movie and go.
- Don't want your husband's suspicions aroused? If you're renting, perhaps get two
  movies one you both agree on and one just for him.

## **YOUR PROJECT:**

Find a movie that he will love and watch it together – without whining.

MY PLANS:		 	 	
REACTIONS (HIS &	MINE):		 	