



*For Her*



***Love is that condition in which the happiness  
of another person is essential to your own.***

*- Robert A. Heinlein*

# NOTE YOUR DATES!

Put down important dates that you will share with him!

## JAN

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

## FEB

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## MAR

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## APR

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## MAY

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## JUN

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## JUL

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22 23 24 25 26 27 28  
29 30 31

## AUG

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22 23 24 25 26 27 28  
29 30 31

## SEP

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22 23 24 25 26 27 28  
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## OCT

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8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

## NOV

1 2 3 4 5 6 7  
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15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

## DEC

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31



New Year



Valentine's day



Anniversary



His birthday

# LOVE HIM TENDER

## LOVE HIM DEEP

*Try out these tips to help build a strong relationship with your spouse! Whether you are a newly minted Mr & Mrs or have been married for a long time, these little gestures will refresh your relationship!*

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### LOVE IS A TWO WAY STREET

Compromise can go a long way in a relationship. When you place his needs above yours, it means that you are prioritising your relationship. It's not a zero sum game!

### THROUGH THICK & THIN

The wedding vow is a promise to stand by your spouse through the seasons of life. Support his goals and decisions and more importantly, be there to motivate and cheer him on through life's challenges.

### A FOOD AFFAIR

On special occasions, whip up his favourite dishes or treat him to his favourite food. As the saying goes, "The way to a man's heart is through his stomach!"

### LISTENING WITH YOUR HEART

Communication is not just about words, but also hearing what is unspoken. At times, your spouse may choose not to say the truth for fear of hurting your feelings. Be sensitive to his non-verbal cues too.



## APPRECIATE HIM

Complimenting him openly shows your appreciation of him as your husband. Build him up by affirming his strengths whenever possible.

## RESPECT IS KEY

Resist the urge to say "I told you so!" especially in those moments where you know you're right; those are probably the same moments he needs your support the most.



## LOVE SPARKS

Planning is overrated; break the monotony by being spontaneous! Anything is fun when you are together especially if you enjoy simply being close to him.

## KEEPING THE FLAME ALIVE

Remember the anticipation of the first date and how long you spent deciding what to wear? Live those moments again and remember how you fell in love with him.

## ALWAYS ON MY MIND

Observe him and note down his likes and dislikes. Buy him his favourite snack on the way home or plan little surprises like a movie night in if he is a movie buff to let him know you're always thinking about him.



## DEEPEN CONNECTION

Invite him into your inner world by sharing your thoughts and feelings. Where necessary to express displeasure, use factual statements to convey your message to avoid hurting his feelings.



# SURPRISE SURPRISE

## PUT A SMILE ON HIS FACE

*A few ideas to make him one happy chap!*

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### GIVE HIM A YEAR

It's the gift that keeps on giving! Sign him up for a monthly subscription of his favourite magazine or designate one day a month as your exclusive date night to spend quality time with each other.

### BACK TO BASICS

Spend one full day studying your husband and note down all his habits and quirks. Make it your aim to find out as much as you can about him and test yourself the next day. Do you have a better understanding of what makes him tick and his thought process when making a decision? Talk to him about this experience and find out how well you really know him.

### WORD POWER

Thrill him with words of appreciation and affirmation when it's least expected. Focus on the positive and tell him how special he is or how proud you are of him.



### GIVE HIM A MASSAGE

Nothing beats having a massage after a long hard day at work! Help him to loosen those knots and rub the stress away with a soothing massage.

## WORK SURVIVAL KIT

Put together a mini survival kit to help him get through the day at work. Prepare some of his favourite snacks and pen some encouraging notes. Whatever it is, it will definitely brighten his day and he will also constantly be reminded of you!



## PATCH UP

Your significant other may have a special attachment to a specific clothing or item that is well worn/used. Find ways to spruce it up or send it for maintenance & repair to help it last longer. Treating his belongings with care will show your love for him.

## GIFTS FROM THE HEART

Some things in life cannot be bought with money. Express your appreciation for him in a handwritten card or a handmade gift. That's priceless!

## BRIGHTEN HIS DAY

Surprise him at his office for a lunch date! Having a mid day rendezvous can do wonders to spice up both your daily routines.

## AN UNFORGETTABLE EXPERIENCE FOR HIM

Do you know what his childhood dream is? Has he always wanted to try an activity or embark on an adventure but never had the chance to? Set aside one day to find creative ways to fulfil his heart's desire and spend time to talk about it. Take time to find out why he had the dream and what stopped him from achieving it.

Tip: For aspiring firemen, visit the Civil Defence Heritage Gallery.



## TWO TO TANGO

Finding a shared interest gives you more opportunities to bond with your spouse especially when the children are grown up. You'll also have more to talk about with him!

# LOVE COUPONS

*A gift from the heart to express your love.*

*Step 1:*

*Cut out the coupon you wish to give.*

*Step 2:*

*Address it to your spouse.*

*Step 3:*

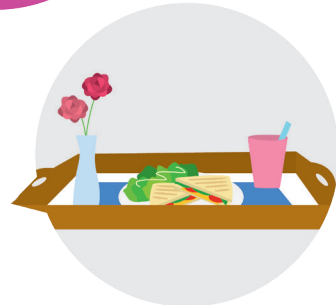
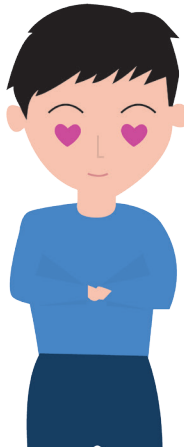
*Fill in the blank with the gift you wish to give.  
It can be an activity to do together or a physical item.*

*Step 4:*

*Wait for him to redeem it when he wishes to.*

*This coupon  
entitles you  
to a movie  
marathon.*

*This coupon  
entitles you  
to a dinner  
date.*





Material for making the love coupons.

Cut along the dotted lines

— *Love Coupon* —

To: \_\_\_\_\_

**This coupon entitles you** \_\_\_\_\_

— *Love Coupon* —

To: \_\_\_\_\_

**This coupon entitles you** \_\_\_\_\_

— *Love Coupon* —

To: \_\_\_\_\_

**This coupon entitles you** \_\_\_\_\_

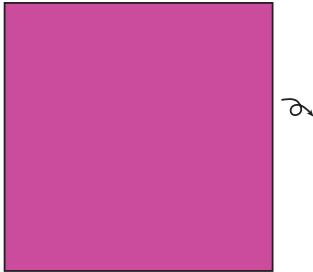
— *Love Coupon* —

To: \_\_\_\_\_

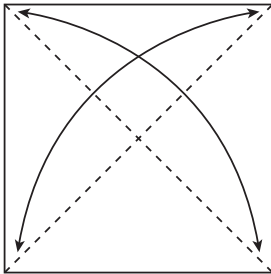
**This coupon entitles you** \_\_\_\_\_

# DIY A HEART BOOKMARK

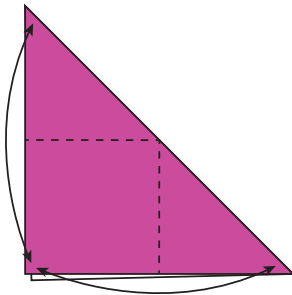
*A step-by-step instruction sheet to surprise him with a handmade heart-shaped bookmark.*



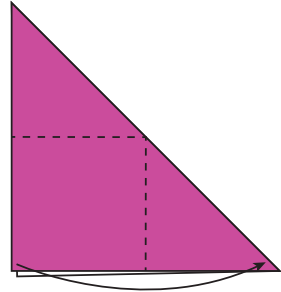
1. Place a square sheet of paper with the coloured side facing down.



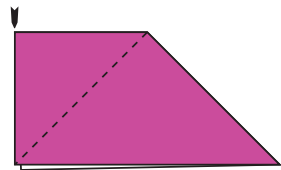
2. Create diagonal crease lines by folding and unfolding the paper.



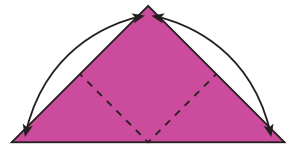
3. Fold the paper into a triangle and create the crease lines as shown.



4. Fold left side of the corner, using the top sheet, to match the corner on the right.

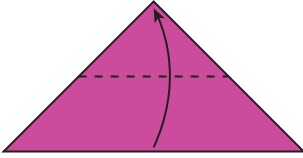


5. Fold down the edge via the crease line to form a triangle.

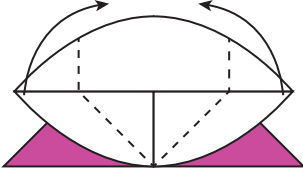


6. Create crease lines by matching the corners to the apex of the triangle.

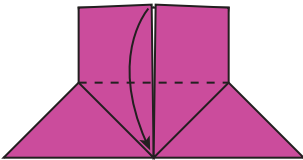
*Continue on page 8 >*



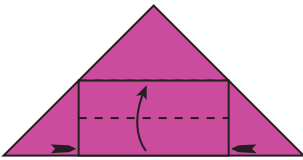
7. Fold the upper sheet of paper to match the apex of the triangle.



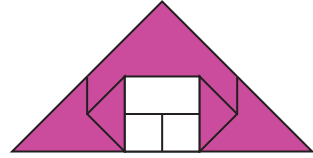
8. Using the crease lines as a guide, fold the corners to the top.



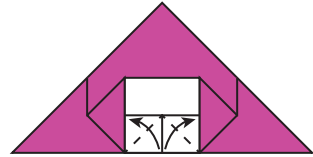
9. Fold the whole flap down.



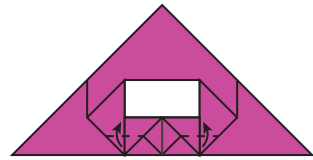
10. Fold top sheet of paper up and fold in the sides.



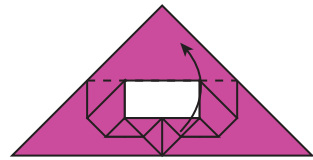
11. Hold on, You're almost there!



12. Fold the corners up and match to the intersections.

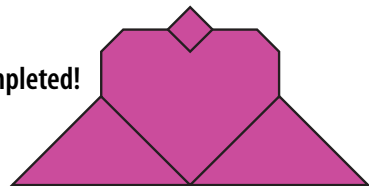


13. Fold up the sharp corners and match to the intersections.



14. Fold the whole flap up and there you have it!

**Completed!**



Insert this into the book your spouse is reading or his notebook and give him a pleasant surprise!





Cut along the dotted lines

*This side will be facing inward.*

Cut along the dotted lines

*This side will be facing inward.*

Cut along the dotted line

***You don't love someone because they are perfect,  
you love them in spite of the fact that they're not.***

*- Jodi Picoult*