I remember in grammar school preparing valentine’s cards for all the students in the class. We’d exchange them and some of them even had candy taped to the card. We smiled and were happy when our classmates shared kind and sometimes affectionate words. Valentine’s day was a special day with the expression of warm and kind thoughts. So, with that in mind, here’s ten ideas.

**IDEA #1:** I approached the house and saw a note taped to the front door. It said to follow the clues to find a surprise. Each of the clues lead me all around the house with one of the clues taped to the tummy of the dog which I discovered when I was told in clue #6 to tell Heidi to “roll over”. At the end of the ten clues, I found Kay hiding in the closet with a present wrapped for Valentine’s Day.
IDEA #2: Instead of fighting the crowds at a restaurant, send your bride out to do something fun in the afternoon, and when she returns, she will discover a fire in the fireplace, pillows and blankets, a glass of wine or sparkling juice, a prepared dinner (take out is OK too), music, soft lights and no kids. Have a slow and leisurely evening telling her things you like about her.

IDEA #3: Reenact your first date or dates. If possible, drive to where you first met and go to the old neighborhoods, tell stories, visit the restaurants, schools, theaters, and favorite things to do. Go to the church where you were married, even stay at the hotel where you stayed after the ceremony. Tell old stories and laugh a lot.

IDEA #4: Plan a weekend trip and have a couple you both enjoy surprise her by being at the destination.

IDEA #5: Have a gourmet picnic on the beach or in a picturesque park or outdoor venue. If you are not a good cook, have someone (not your mom) help you make one. Take the one or two books that are on your wife’s nightstand and ask her to read or tell you what is meaningful to her. Be sure to take blankets and pillows.

IDEA #6: As you are walking with your spouse or window shopping, pay attention to the things they show interest. Later, call the store, put it on hold and give it to them on the next special gift-giving day. The time delay combined with attentiveness and thoughtfulness will knock their socks off.

IDEA #7: Draw a bath for your spouse and tell your spouse that you are “taking over” and for them to rest and wind down. When they go to the bath, candles are lit, music is on, and next to the tub is their favorite book or magazine with their favorite beverage and a cheese and fruit plate.

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**IDEA #8:** Have a renewal of your wedding vows on a special anniversary. This is especially significant if you have successfully navigated a difficult passage within your relationship. This can be done as a surprise to your spouse during a regularly planned vacation or more formally with friends and family during a specially planned ceremony at a church or outdoor setting.

**IDEA #9:** Buy a hammock and install it in the back yard. On a warm summer night, grill a dinner for two and after desert, lie on the hammock and drink coffee or tea and share about life together.

**IDEA #10:** Guys, offer her a “no strings attached” back rub. Honor your commitment and you will impress your wife and over time your sexual relationship will improve. Why? Our wives are deeply hurt if they think they are only desired for sexual pleasure. They want to be loved for all of who they are. They also need to experience nonsexual physical touch as a daily pattern. When husbands can learn to do this, wives will begin to touch their husbands more as they feel safer in their presence. When this occurs, the couple’s sexual relationship has the capacity of reaching its highest potential. Remember, sex is not an obligatory activity, rather a negotiated event both people enjoy when there is a good emotional connection.

Love and blessings,
Milan & Kay

Ps: For a deeper discussion on this topic read “The Male Stargazers Guide to His Wife’s Sexual Galaxy” at [HowWeLove.com](http://HowWeLove.com).