



THE  
PERFECT VALENTINE'S DAY  
*All Year Long*

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# Introduction



Yes, love is definitely in the air. It must be February – the month of love and romance. It's the month when everyone thinks about how they can prove their undying love to a special someone.

Spouses want to do something special for their better halves. Boyfriends and girlfriends want to take romantic action so their loved ones will know exactly how special they are in the eyes of their only love.

We've all known or heard of couples who had such a strong love over the years that it's visible in their eyes whenever they look at each other – even when they've reached advanced age.

Many of us have aspired to have that kind of love. It's not easy to maintain it over the years. We often make a big deal out of our feelings on Valentine's Day, but on most other days, what happens? Where is the love on those other days?

A lot of work is needed to keep love alive throughout the year. Each one must convey his or her strong feelings to the other on a regular basis so that both continue to feel loved, even during difficult times.

You can have that kind of amazing love in your life.

Start some special loving traditions this year on Valentine's Day and continue these loving traditions throughout the year.

Are you young and inexperienced in the ways of love? Or are you older and have run out of new ways to express your love?

Unfortunately, taking your loved one for granted is too easy. Doing that hurts the loved one, but it also hurts you. When you don't take every opportunity to express your love, you miss out on the wonderful joy you experience whenever you bring love to life.

Don't think you need to be wealthy in order to make your loved one feel special. Your imagination can find all kinds of ways to be creative without forcing you to put your hands deep into your pocket. That's true for ways to express your love on Valentine's Day but also for the rest of the year.

Continue reading to get your imagination fired up with loving techniques to show your special someone just how very special he or she is to you. Maybe you'll find a way to jump start romantic sparks that will help you conquer your loved one's heart every day of the year.

# Chapter 1 - Begin a New Tradition



Valentine's Day is the perfect time to begin a new tradition of displaying your amorous feelings to your loved one. Start by considering the feeling that you want to convey to your loved one – the feeling you want your loved one to experience.

Whether you are male or female, you probably want your love to feel secure about your devotion. How can you accomplish that? Communication and action are two of the most important pieces to be in your repertoire for this purpose.

## **Loving Communication**

Everyone loves to hear sweet words from their sweetheart. It doesn't cost a penny to say those sweet words, and you can say loving words over and over every day. They just shouldn't



always be the same three words 'I love you.' Yes, it's wonderful to hear those words, but it's nice to hear that thought using different words. For example –

- Every time I look at you, I feel full of love.
- I can't imagine what life would be like without you – and I don't want to try to picture it.
- You're my soul mate, and I want to spend my whole life discovering everything about you.
- I wouldn't feel like a complete person without you.
- You make my soul sing.
- I love you more and more each day.
- We're so very perfect for each other.
- Life with you is better than any life I could ever have imagined.
- No one has ever made me feel the way you do.

You get the idea and can probably come up with many more ways to say 'I love you.' So, think about what you can say to generate loving feelings in your loved one. Since you probably know him or her better than anyone else, you likely have a good idea what your loved one would love to hear from you.

Of course, you want to say "I Love You." But if you say those words directly over and over without variation, the words no longer have the same effect they did when you said them the first time.

What else can you say to demonstrate that he or she is the most important person in the world to you? Use a little creativity so that you vary your expressions of love.

All of these messages are the right feelings to communicate on Valentine's Day. But how on earth do you get these messages from your heart and mind to the heart and mind of the one you love?

### **Does It Make You Uncomfortable**

You might not be able to imagine yourself saying things like this? Does saying them out loud make you too uncomfortable. Maybe you should practice in the shower.

If you find it difficult to verbalize your feelings, start by giving short verbal expressions of love. That should be easier and will probably help you develop the ability to express your feelings out loud more and more easily little by little. As you find that your spoken expressions of love make your loved one feel warm, you will be motivated to verbalize more since you're able to generate such happiness in a person so important to you.

As you tell your love how much the relationship means to you, your loved one will likely begin to express loving feelings to you as well. Keep in mind that some people find it easy to verbalize their feelings and others don't. So, don't feel bad if your love takes a long time to come around.

### **Loving Actions**

Speaking your passion is one of the simplest and most important ways to express the feelings in the depth of your heart, but communication doesn't need to come only from spoken words. Loving actions can often convey far more than what you say.

For example, you could leave little notes taped to the bathroom mirror for your loved one. You might find it easier to express your love in writing than verbally. That's okay. What's important is that you communicate those feelings.

An old-fashioned, but still worthy way to show your love is to find a card that expresses your feelings. The key to this technique is to not just sign your name at the bottom. Instead, personalize the card by writing a message from your heart in a blank area of the card.

If you use these suggestions of communicating your love in writing, you may even find that the process opens the door wide enough that you'll begin to feel more comfortable about vocalizing some of your warm feelings as well.

### **Don't Take Love for Granted**

It's not psychologically healthy to obsess over all the negative things that might happen. But in today's world, you never know what's right around the corner. As a result, now more than ever, it's important not to take the love you share with your partner for granted.

Remind yourself every day about why the two of you fell in love, and remind yourself that no disagreement is worth leaving hanging in the air.

Choose to live with the wonderful feelings of love rather than the unsettling feelings of disagreement. And make that choice every day. Feel happy that your husband is alive and kicking – and leaves the toilet seat up all the time. Feel happy that your wife is around to complain about always having to put the toilet seat down herself.

Yes, the person you thought was so perfect when you first met will have a lot of annoying behaviors. Those habits that drive you crazy do not cancel out the reasons that you fell in love. Most of them are probably little things that don't really deserve any serious attention.

And don't forget that you also have annoying habits – ones that your loved one must live with as well.

Don't try to change your mate. Let go of those little things. Focus on the reasons why you fell in love, and let your partner know every day that you're thrilled to be together.

### **But Now Back to Valentine's Day**

You may be wondering now about giving a Valentine present. You know that a beautiful card with a loving message and a beautiful bouquet of flowers or a box of chocolates are the usual Valentine's Day requirements.

But why not do something more original. What could you do to touch the heart and mind of your love? By the way, a 53% of women who were selected randomly replied in a survey that they'd probably end the relationship if they didn't receive a Valentine gift.

So get creative, but if you're stumped, check out the suggestions later in this book.



## Chapter 2 - Guys, Are You at a Loss?



Men sometimes feel very frustrated as Valentine's Day approaches. In fact, many men actually dread this day more than any other gift-giving holiday because they think that they'll never meet what's expected on this day of love – that nothing they'll do will make the right impression on their special loved one.

Somehow, the idea that Valentine's Day should be the most romantic day of the year adds a lot of pressure that doesn't exist on other gift-giving times.

Are you one of those men who feels totally perplexed about what special gift you can give your lady on Valentine's Day – one that will truly convey the depth of your feelings?

The first thing is to start thinking about this as far in advance as possible. Statistics show that most people don't plan events and gifts for Valentine's Day well in advance like they do for Christmas. Instead, the majority of Valentine shopping activity occurs in the two weeks leading up to February 14.

You'll probably do that as well, but that doesn't mean that you shouldn't be listening carefully to your special lady throughout the year in order to pick up hints about what would melt her heart. Don't forget those women who said they'd break up with a guy who didn't give them something on Valentine's Day.

Of course, you can never go wrong with flowers or chocolates. But why not let your imagination come up with something more unique. The key is to make sure that you're giving her something that she really likes – not something you think she **should** like.

In addition, if you're planning a Valentine event, then you should be doing all the planning and taking care of the details – as long as the activity is in line with something **she** loves doing.

For example, if you're planning to overwhelm her with a trip of some sort, make sure that it's to a destination that **she** wants to go to, that has activities that **she** loves. You won't want to be completely bored because that would make her uncomfortable, so make sure that you'll have some activities to participate in as well. But of course, your activities are secondary.

## Chapter 3 - Ladies, It's Your Turn



A lot of people think of Valentine's Day as a time when a man gives a gift to a woman to express his love. But love is a two-way street. Men need to feel the love as well.

What can a woman do on Valentine's Day that is special and unexpected for her guy? You can rely on **your own imagination** to come up with new unexpected actions to show him your love as well.

- Remember the old saying that the way to a man's heart is through his stomach? It's trite, but guess what. Those sayings didn't come into being because they were false, and this one is definitely true.

If you take the time to prepare a special meal of all the foods that he loves and serve them to him in candlelight. you'll make him very happy. Yes, candlelight. Men often love that type of romance, but don't want to admit it.

You might consider this a sexist suggestion – cooking for your man. But doing something nice for the one you love is never a bad thing.

Why not add a nice card and his favorite bottle of wine for the meal as well?

- Another idea - you could give him tickets for his favorite sporting event. You'll need to take care of this far in advance so that you get the best tickets in the house for an important game he wants to see. Since the game will be in the future, he'll be remembering your kindness for weeks
- Find out what movie or show he is particularly interested in and get the best seats in the house for the two of you. Even if it's a movie that you'd normally never watch, go with him to show that love is more important than you not wanting to sit through another Steven Segal movie.
- Plan a weekend at a favorite resort or retreat and go together, just the two of you. Don't take kids or cell phones or computers to interrupt your time together. And leave the tv in the room off. Be sure not to plan the getaway during a special event or game such as the Super Bowl or his interest will not be 100% on you.
- Go with him to the hardware store and encourage him to pick out that perfect riding lawn mower he has always wanted.

Messages of love are sometimes hard work for a woman, but if there is true love, then the effort will be appreciated by her man.

And don't forget the traditions that you started of communicating your love regularly.

## Chapter 4 - Know Your Love

One of the most important things for you to know, or at least make the effort to learn, is what makes your loved one tick. You need to pay attention to what he or she wants and desires. Don't assume that you already know that.

Just because you love boating doesn't mean that your partner does as well. Your partner might go boating with you simply to make you happy.

In order to make Valentine's Day spectacular, knowing the heart and desires of your mate is essential.

The investment of time and effort throughout the year leading up to Valentine's Day are critically important. The time and effort you spend to gain that knowledge is the investment that demonstrates that love for one another is not just a one-day-a-year thing. Real love is earned every day of the year and not just on special occasions.

Buying a card and some flowers the day before or the day of Valentine's Day is not enough. The card and/or flowers do not express the messages you want to communicate to the loved one you chose above all others.

The actual present is the time and effort you put into the gift. The actual present doesn't have to cost much money at all. What you want to show your mate is that you don't take him or her for granted. If the thought behind your Valentine gift tells your mate that you understand him or her, you will have given the best gift of all.

The evidence of your thought and effort is the actual gift on Valentine's Day. The time it took you to think ahead, find out what was important to the one you love, and to arrange the shopping spree, the purchase of jewelry, tickets to the game, or to prepare the special meal is actually the gift of love.

You give of yourself in order to give the love you want to share with your loved one. The day-to-day effort you expend to know and to understand the one you love is what is important. Finding out his or her inner secrets, wants, and needs shows your love more than any physical gift ever could.

If both the man and the woman make that daily effort to know one another better, then love will flourish and every day will be a Valentine's Day.

If you are true to the love you feel, then the effort you put forth will not be that difficult. Remember that you are using your time and effort for the one you love. If they are doing the same for you, then Valentine's Day will be one of the most memorable events of your year – every year.

Practice every day what you are trying to say to the one you love by your efforts on their behalf. A Happy Valentine's Day is headed your way if you show your love every day of the year.



# Conclusion



That old saying about love making the world go 'round is true.

Life is better when you have someone to share it with. Life is better when you have companionship.

Love, whether it's your first time or you've been together forever, is something that needs to be fed and nourished and kept alive. You can't keep a houseplant alive by watering it just once a year. And you cannot keep your love alive by paying attention to your partner once a year on Valentine's Day. It simply doesn't work that way. Make expressing your love and everyday habit.

By loving and caring and sharing all year, you can make sure that your Valentine's Day will be a memorable day in a year of memorable moments.