



30 DAYS OF love



“love style” loving

If you liked the 7 Days of Love, then you are going to LOVE this!

The time is NOW to take your marriage to a higher level! You've got the 7 Days of Love under your belt and have your spouse's "Love Style," mastered. Now comes the fun part that will REALLY strengthen your marriage. The "30 Days of Love" Calendar has fabulous ideas for EVERY day of the month specifically targeted to your spouse's "Love Style". We've taken out the guessing and have done ALL the work for you. Read through them all and get ready to elevate your relationship and make it the best it has ever been! Choose to do them in the order we have them in or mix it up to work best with your lifestyle. The important part is to express your love to your spouse every single day!

{Remember, most people are a combination of love styles, so have fun mixing and matching the different ideas from other columns that you think your spouse would like best.}

Enjoy!

Love, The Dating Divas



Designed exclusively for The Dating Divas (www.theDatingDivas.com)
by Kristin Clove at CdotLove.blogspot.com.



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WORDS OF LOVE

KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

INTIMACY

DAY 1

Send one of the following love notes to your spouse via text message...

1) {Insert pet name}, I was just {insert an activity you were doing} when I realized I couldn't stop thinking about YOU! I had to stop what I was doing to let you know how much I love you. I hope you always know that you are my #1!

2) 4 Reasons Why I Love You... **READY??** **ONE** - You are my strength when I feel like I can't go on. **TWO** - You always know just how to make me smile **THREE** - You are my better half. **FOUR** - You make me a better person!

{Feel free to change out any of the reasons. }

3) I was thinking today that no matter **WHAT** life throws our way, I can handle it as long as I have you by my side. I LOVE YOU, sweetie!

Send this text message to your spouse...

{Insert pet name}, I was just thinking about how hard you work and I think you deserve a break. Which one of the following is your **LEAST** favorite chore?

A. {Insert a chore he usually does or something he usually takes care of around the house}

B. {Insert a chore he usually does or something he usually takes care of around the house} or **C.** {Insert a chore he usually does or something he usually takes care of around the house}

Let me know and I'll have it done before you get home tonight! ;)

Send this text message to your spouse...

{Insert pet name}, Just wondering- which one would you rather receive?

A. {Insert a gift your spouse would like}

B. {Insert a gift your spouse would like} or **C.** {Insert a gift your spouse would like}

I'm thinking of getting you a little something-something. ;)

(The gifts could be as small or big as you want. It could be his favorite candy bar, soda, a book, a love note, his favorite meal, a massage, etc. You could even include three options that won't cost you a thing.)

Send this text message to your spouse...

Hey {Insert pet name}, I'm thinking I need some one-on-one {insert spouse's first name} time!

Can I have you all to myself tonight? You can choose what we do. Would you rather

A. {Insert activity}

B. {Insert activity}

or **C.** {Insert activity} ?

(The activities can be anything you want - as long as it's just the two of you. Some ideas are: play board game, card game, watch a movie, go for a walk, go shopping together, go out to dinner, play a sexy game, go star gazing, etc.)

Send this text message to your spouse...

{Insert pet name}, are you up for a sexy game tonight? I'll let you choose!

A. {insert sexy game}

B. {insert sexy game}

or **C.** {insert sexy game}

(You can pick your 3 favorites from [this list of 75](#).)

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DAY 2

Grab a book your spouse is reading and leave him a coded love note.

Treat your spouse like a King or Queen for the day (make his favorite breakfast, watch his favorite movies, rub his feet, etc.).

Go to the library and check out several books and/or movies that you think your spouse would enjoy.

Go shopping for ingredients and bake a new dinner or dessert together. You could even have a dessert-off.

Go for a walk together and sneak in at least 10 kisses while you're out.

DAY 3

Leave a love note on your spouse's car windows with dry erase markers.

Fill up your spouse's car with gas and take it for an oil change if needed.

Make a list of everything you have heard your spouse mention that he wants.

Read a book together. While one person reads, the other gives a foot massage. Switch every chapter.

Make your own "Steamy Bucket List."

Make a love CD for your spouse and leave it in his CD player for him to discover when you return his filled-up tank.

(And remember, it doesn't have to be something that costs money! People who love receiving gifts usually care more about the thought than the price). Pay attention and add to it whenever you hear your spouse mention something new. Keep this list in your purse for easy reference.

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KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

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DAY 4

Fill out the [Top 10 Reasons Why I'm Thankful For You](#).

Organize your spouse's drawers for him.

Download a new song to your spouse's iPod (or if you're up to it- [make a whole new playlist dedicated to him](#)).

Play your spouse's favorite game with him tonight. {Even if it's one you don't like.} Maybe it's chess, a video game, or a board game - whatever it is, surprise him by challenging him to a game of it after the kiddos are in bed.

Take turns giving each other foot and back massages.

DAY 5

Buy a Kit Kat for your spouse and leave it with [this note](#) for him to find.

Ask your spouse- "How would you like to be serviced today?" Then do it!

Play a quick game of "Would you rather..." with your spouse today. But ask specifically about gifts.
(Ex: Would you rather receive a book or a movie? Would you rather get a love note or a treat? Would you rather be surprised or pick your own gift).

Discover a [new town together](#).

Time for a Make-out Session! Leave [this printable "Kissathon" invitation](#) on your honey's pillow along with some Hershey's Kisses.

DAY 6

Sprinkle love notes around the house that list your spouse's best qualities [A to Z](#).

[Only say "YES"](#) to any request your spouse asks all day.

Text your spouse a Redbox code and tell them they get to pick the movie tonight!

Go [stargazing](#) in the backyard after the kids are in bed.

Go shopping together for some new intimate items to try. Maybe some new massage oil, candles, and/or lingerie.

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GIVING GIFTS

MEANINGFUL MOMENTS

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DAY 7

Arrest your spouse for stealing your heart!

Give your spouse a massage tonight. {Without expecting one in return} Light some candles, put on some music, and help him or her relax.

Show your honey some love with this sweet love note and a honey-themed treat.

Go to the gym together and after a good workout, end the night soaking in the hot tub.

Skip dessert at the table tonight and take it straight to the bedroom. Enjoy Name That Treat together.

DAY 8

Write a message on the fridge for your spouse using letter or word magnets.

Make your spouse's favorite treat.

Sneak one of these quick, sweet treats with the note into your spouse's lunch or somewhere they are sure to find it!

Have a fondue night.

Time to reclaim the bedroom as your marriage sanctuary! Today you're going to de-clutter and clean your room. {Oh, and make sure there are NO kid toys taking over. This is YOUR space.} Then go ahead and romance the space. Add a couple of candles, hang a picture of JUST the two of you, etc.

Then surprise your honey with an intimate evening in your bedroom tonight. {You could even make an "Emergency Romance Box" to keep stored in your room for whenever the mood strikes.

WORDS OF LOVE

KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

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DAY 9

Sincerely compliment your spouse at least three times today.

Give your spouse these "[Sit Back and Relax Coupons](#)."

Print off and give [this love note](#) to your sweetie. Better yet- frame it and put it in your room by his side of the bed.

Multiple Choice Date: [Using this as inspiration](#), draw {or use clip art} a fun "Choose Your Own Date Night" for your sweetie to fill out. Place things on there you know he would love.

Leave this [Smoldering Violation Ticket](#) on his car.

DAY 10

Send your spouse a flirty text message every hour on the hour while he/she is away at work.

Go buy your spouse something you know he/she is needing (like new socks or shirts).

Attach [this note](#) to your spouse's favorite kind of cereal.

Look through your wedding pictures or watch your wedding video together.

Whisper a [secret invitation](#) in his ear.

DAY 11

Write a [love letter](#) and stick it in the mail addressed to your spouse.

Arrange for your spouse to have a night out with friends.

Give your spouse the gift of [room service!](#)

Go for a bike ride together.

Surprise your spouse with a one-night getaway. If you can't afford a hotel, arrange to have your kids spend the night at family or friends' house. {You could even have a ["Suite Retreat Kit"](#) waiting as a surprise.}

DAY 12

Write "I love you" [on a banana peel](#) and stick it in your spouse's lunch.

Iron your spouse's work clothes and stick a note in one of the pockets thanking him for his hard work. {Maybe put a silly, flirty note by the iron too- "Your lips look wrinkled too. May I press them for you?"}

Buy new shower supplies for your spouse (shower gel, shaving cream, shampoo, etc.) leave it for him to find along with a note - ["Just wanted to shower you with love."](#)

Have a spouse [slumber party](#).

Kiss at all of the [red lights](#) whenever you're in the car together.

WORDS OF LOVE

KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

INTIMACY

DAY 13

Make your own [love letter stationery](#) using pictures of the two of you.

Fold some dollars into [origami hearts](#) and stick them in your spouse's wallet.

Stick a [check for 100 kisses](#) in your spouse's wallet.

Turn on a romantic movie but mute the sound. Have fun making up dialogue.

Play a game of [Strip Trivia](#).

DAY 14

[Change the auto-correct](#) on your spouse's computer to say "I love You."

Send your spouse out of the house while you clean it from top to bottom.

Buy your spouse some new socks with the note "You rock my socks!!!"

Play the [Newlywed Game](#) tonight!

Invite your spouse to join you in your shower or bath.

DAY 15

When your spouse gets home from work- resist the urge to talk about YOUR day and ask all about HIS day instead. Then sincerely thank him for all of his hard work.

Give your spouse complete control of the remote tonight.

Buy a Sobe drink for your sweetie to leave out with [this love note](#).

Have a movie marathon.

Play ["2 Minutes in Heaven!"](#)

DAY 16

Time to shower your honey with love! Grab some bath crayons and leave your sweetie a love note that he'll find the next time he hops in the shower.

Wash and fold all of the laundry and [stick these cute love notes in his drawers!](#)

Buy a magazine that you think your spouse would enjoy reading and let them know- "I saw this and thought of you."

Play this ["Get to Know Me" matching game](#).

Come up behind your spouse and give him a shoulder massage.

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KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

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DAY 17

Create a romantic, [custom crossword puzzle](#) for your spouse.

Warm up your spouse's towel in the dryer while he or she is in the shower.

Buy a couple of red items and gift them [with the note- "Our love is RED Hot!"](#)

Put together a puzzle!

Play a romantic game of [Simon Says](#).

DAY 18

Brag about your spouse in public today.

Make a quick [memory game](#) using pictures of you and your spouse. Then email it to him as a fun surprise!

Order a special treat for your spouse and call to give him the ["secret detour" instructions](#) on his way home from work.

Roast marshmallows over a candle.

Play footsies during dinner!

DAY 19

[Record a video](#) on your phone of yourself (or your kids) listing 3 reasons why your spouse is tops! Then send it to him.

Turn on one of your spouse's favorite movies or TV shows and give him/her a foot massage while he/she watches.

Buy your spouse the cologne or perfume they wore when you were dating.

Unplug from ALL electronics tonight (Check out our [Power Outage Date](#) for lots of fun things to do in the dark.)

Play a game of [Sizzlin' Truth or Dare](#).

DAY 20

Stick this ["Free Compliments Poster"](#) on the bathroom mirror for your spouse to find.

While your spouse is getting ready for the day, go and make breakfast for him/her.

Buy a pack of Orbit gum to put with [this love note](#).

Have a [YouTube Date Night](#).

Make tonight Naked Night! {Anything goes, as long as it's- SANS Clothes!}

DAY 21

Make a quick ["Post-it Note Heart"](#) for your spouse.

Go grocery shopping and add a couple of extra treat items to the list that you know your spouse will especially love!

Buy a gift for your spouse for [each of your senses](#).

Create a whole new ["First Time We Met" story](#).

Watch a movie and make sure you're touching the whole time (Hold hands, cuddle, etc.)

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KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

INTIMACY

DAY 22

Text your spouse- "Do you know when I knew I was in love with you? It was...."

Have your master bathroom clean and a hot bath with relaxing music playing when your spouse comes home. Greet him at the door and invite him in to relax in the tub while you make dinner!

Buy a movie you know your spouse will love OR make your own [DIY movie tickets](#) to give him or her for an at-home movie night using a movie you already own.

Make this [Love Story Mini-Book](#) together.

Hand deliver a Little Caesar's pizza to your spouse's work with [this love note](#)- "I'm thinking You-N-Me tonight, you better be Hot-N-Ready!"

DAY 23

Grab the [free love notes from this post](#), fill them out, and hide them around the house for your spouse to find.

Leave an [empty menu](#) out for him to fill out and YOU to cook.

Buy your spouse's favorite kind of ice cream and hide it in the freezer. Then send him a text that says something like... "You work so hard, you deserve a break. Look in the freezer."

Take a [personality quiz](#) together.

See if you can JUST kiss for 30 minutes.

DAY 24

Write a letter to your spouse's parents thanking them for raising such an amazing person. Send a copy to your spouse to read as well!

Hang this ["I Love You" banner](#) over the bed in your room or in the garage so your spouse will see it when he/she comes home.

Using words and phrases all about your spouse, make some ["Spouse Subway Art."](#)

Go on a Book Store Date! It fun AND free! [Grab your task cards here.](#)

Have some fun with candy in the bedroom. Kiss with pop rocks, wear nothing but candy, etc. [{Find lots of fun ideas here}](#) and you can even [grab a free printable here.](#)

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KIND DEEDS

GIVING GIFTS

MEANINGFUL MOMENTS

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DAY 25

What are 3 of your spouse's best talents? Let him/her know what they are in a love letter, text, or conversation today.

At the end of the day, ask your spouse how his day was and then just LISTEN and give support! Resist the urge to talk about your day or change the focus to yourself.

Fill the fridge with some sodas for your spouse and [these love notes](#).

[Have fun with Google Maps together](#), exploring places you've always dreamed of going on vacation.

Want to get close to your spouse? Try [this fun printable connecting game!](#) {And if you're feeling super sassy, try it without clothes!}

DAY 26

Create a [love poem in an instant](#).

Ask your spouse if there is something you can take off of his/her to-do list and complete it for him/her.

Surprise your spouse with a winning report card using this "[Superior Spouse Rubric](#)."

See if you can break a [silly world record together](#).

Play a game of [Deal or No Deal](#) and find out just how risky your spouse is.

DAY 27

Print off your [favorite love quote](#) to frame in your bedroom, tape to the bathroom mirror, or hang on the fridge for your spouse to see.

Wake up a little early to make your spouse a [special breakfast](#).

Give your spouse this [printable certificate](#) for being the Hottest Husband (or Wife) Alive!

Have a [Sudoku Competition](#).

Challenge your spouse to see how long he can go without kissing or touching you, while you kiss and touch him.

DAY 28

Fill out a [love-themed Mad Lib](#) for your sweetie. You can even leave a blank one so your spouse can return the favor. :)

Drop a treat off at your spouse's work. {Or bring a treat home for your spouse if they don't work outside of the home.}

Stick a gift card to your spouse's favorite store in their wallet along with a note- "Time to go shopping! You must spend EVERY cent on this card and it MUST be spent all on YOU!"

[Watch the sunset together or wake up early to watch the sunrise](#).

Candles are romantic but [black lights in the bedroom](#) are so much more fun! Give them a whirl tonight!

	WORDS OF LOVE	KIND DEEDS	GIVING GIFTS	MEANINGFUL MOMENTS	INTIMACY
DAY 29	List three reasons why you are sincerely proud of your spouse and let him/her know- through a text, love letter, or just in conversation.	Ask your spouse, "What can I do to help you today? I'll do anything!"	Give your Spouse a " Kiss Flip Book ."	Go on our Dollar-Menuaire Date and end the night with our Bedroom Value Menu!	Have a kissing fight. The person who gets the last kiss in- wins!
DAY 30	Frame this printable and start leaving some dry erase love notes.	Give your spouse these scratch-off service tickets .	Buy a bag of Riesens chocolate candies along with a list of "Riesens" why you love him!	Play " All About US Charades! "	Buy a bunch of different flavors of chapstick and grab a blindfold. Time to play " Guess the Flavor! "

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