

WORDS OF AFFIRMATION

Affirmations are recognizing someone's unique strengths and verbally appreciating it to them. Your words and tone are important for someone with this love language. Gifts in this category are designed to help someone recognize and lean into their own strengths and/or improve communication in your relationship. Regardless if this is your love language or not, understanding you and your partner's strengths is a worthwhile exercise. For a great (FREE!) resource, take the VIA Strengths Finder Quiz: <https://www.viacharacter.org/account/register>

PHYSICAL TOUCH

Bowchicawow (cue: Marvin Gaye's "Let's get it on"). We all know what this one means. 😊 Gifts in this category are designed to pamper our body and stimulate our lymphatic system (ahem, that's our skin which is the body's largest organ.)

ACTS OF SERVICE

This one is a two-parter. For someone with this love language, there's a doing factor that must be done to complete the gift. Gifts in this category are designed to help your partner worry about one less thing which means you need to do the thing (and maybe developing a habit).

QUALITY TIME

If this is your partner's love language, then they simply enjoy the time you share together; however it's more than just binging Netflix on the couch together (probably looking at our phones 😊). Gifts in this category are designed to enhance intimacy by stimulating conversation, adventures, and fun!

RECEIVING GIFTS

Since this category is dependent upon your partner's likes, interests, and hobbies, this one is tough to include everyone. I've listed my favorite things so consider these the "best of the best" gifts that I love or have gifted to others and they love.