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I feel blessed to have a loving partner. Our relationship is incomparable; I am with my mate today because we have the best partnership I have ever had. Because I am so appreciative of our relationship, I regularly show my love to my partner.

When I need something that my mate can provide, they are there for me. In turn, I ensure that my resources are always available to them. ***If they need a hug, reassurance, or just a listening ear, I am ready to help.***

I also make a strong effort to show love to my partner in many ways without waiting for their request. Their happiness is important to me, and I go out of my way for it. Whether I am bringing them breakfast in bed or just greeting them with a hug when they get home, I try to show them my love each day.

If at times my mate seems absorbed in their own concerns, I trust that this is temporary. Soon, they turn their attention back to our relationship. In the meantime, I do the best

I can to support them in whatever way they need, because that is what love does.

Because I love my partner, I also take good care of myself. I know that I can give them my very best only when I feel well-rested and nourished.

Today, I look for all the ways in which I can support and care for my mate. I

cherish our relationship and want to ensure that they feel satisfied in it. Therefore, I regularly show my partner how much I love them.

Self-Reflection Questions:

1. How can I show love to my partner today?
2. What are some of the things I appreciate most about our relationship?
3. How does my partner respond to me when they feel loved and supported?