

# PREP<sup>®</sup>

## Planning for Valentine's Day

Showing appreciation daily

Valentine's Day is rapidly approaching and partners everywhere are busy wondering what token of love they might find at the local superstore. Inevitably, hostesses nation-wide will sift through long restaurant waitlists, chocolate will be consumed by the handful, Hallmark will line their pockets and red roses will be snapped off the supermarket shelves. While having a day devoted to the expression of love is not a bad idea at all, there is an obvious omission-sometimes we compartmentalize love into a single day of the year, and forget that love is expressed and desired daily.

There are a precious few couples who have learned to make a daily habit of love. Their stories can be our inspiration, helping us see what this way of life might look like. Levine and Markam's *Why Do Fools Fall in Love: Experiencing the Magic, Mystery, and Meaning of Successful Relationships* relates a story of a married couple who dedicated themselves to love. They left a hidden message, an acronym for "See How Much I Love You" (SHMILY) in places where the other would be surprised-in the steamy mirror of the bathroom, etched in sugar on the kitchen table. Once even, the reminder of love was buried deep onto the last square of a roll of toilet paper for the other to happen upon.

For this couple, love was "more than a flirtatious little game," it was a way of life and a gift they never took

for granted.

Love is more than a day in the middle of February. And while we here at PREP Inc. hope you make the time to celebrate each other on this day, we can't help but wish for you all a small celebration and commitment to love on a regular basis.

PREP Inc. curriculum includes a unit on recognizing and offering the small appreciations that equate to tokens of love each and every day:

#### Work of Life

- Partner paid the bills on time
- Partner did some needed shopping
- Partner did the dishes
- Partner answered the phone while I was busy
- Partner put gas in the car

#### Parenting

- Partner comforted a child
- Partner took the children somewhere special
- Partner supported my discipline of the children
- Partner read a story to the children

#### Personal Responsibility

- Partner stayed within budget this month
- Partner met me on time
- Partner hung up his/her clothes in the closet

Gave me a gift

Partner helped me have time with a friend  
Partner brought me something to read  
Partner brought me a cup of coffee, tea, etc...

#### Put in Extra Effort for Me

Partner prepared a good meal  
Partner was tolerant of my friends  
Partner offered to drive  
Partner turned the radio station to music I like

#### Spent Time with Me

Partner did errands with me  
Partner attended church with me  
Partner watched television or movie with me