

# **Taking a Minute to Win Your Relationship**

LIVE WELL UTAH

TAKING A MINUTE  
*to win at*

YOUR  
RELATIONSHIP

*With these relationship tips, you and your partner will both come out winners!*

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## Win-Win Situation

Experiences in my life have led me to appreciate the moments I have with those I love. I'm especially grateful for my husband who I had to search long and hard for. I can't say that I don't EVER take him for granted, but I know how hard it was for me to find him; and I want to make sure that he's around for a long time. So, besides encouraging him to replace fast food with veggies and to exercise with me, I also try to keep the love alive by doing little things that are easy and don't take much time but that let him know how much he means to me. I thought I'd share a few of the ideas I've tried (or plan on trying) to help keep the relationship spark.

- Take silly pictures of each other and laugh together.
- When he/she is sharing something with you, give him/her your undivided attention (I admit I need to work on this!).
- Give a silly gift at an unexpected time.
- Flirt with each other.
- Leave a sticky note or note card somewhere that tells about how much you love and appreciate your partner.
- Share one thing you are thankful for about each other before going to bed each night.
- On a trip somewhere in the car, kiss at every red light or stop sign.
- Stop whatever you are doing to enjoy the sunset together.
- Send a text or email just to say hi.
- Surprise him/her with a favorite treat.

What are the small things you do to keep the spark in your relationship? What new idea are you willing to try this week? Check out some other ideas on how to make every moment you have together count at

[http://extension.usu.edu/files/publications/publication/Marriage&Relationships\\_2013-01pr.pdf](http://extension.usu.edu/files/publications/publication/Marriage&Relationships_2013-01pr.pdf).

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