

## SHARE THE LOVE

4 ways to celebrate Valentine's Day without adding "things"



Valentine's Day often emphasizes the act of receiving gifts, but let's think beyond that and explore alternative ways to express love. The other love languages include words of affirmation, acts of service, quality time, and physical touch. By shifting our focus away from material gifts, we can avoid unnecessary clutter.

### Words of Affirmation

If your special someone connects deeply with this expression, consider crafting a poem, letter, song, or a story that beautifully captures why you love them. You can also write down all the things you adore, admire, or appreciate about them on colorful post-it notes or heart-shaped paper, and play a fun hide-and-seek game by placing them all around the house. This delightful activity is perfect for both children and adults alike!

### Acts of Service

This language can be displayed in so many ways depending on your own talents. Surprise your loved one with a special homemade meal or dessert. Take care of those household tasks that your significant

other has been asking you to do and check a few things off of the home repairs list. Treat them to a car detail, run the errands they dread or hire them a professional house cleaner or home organizer.

### Quality Time

The one is so important because our busy lives often prevent us from really spending time with our loved ones and can be so appreciated by spouses, children and parents/grandparents alike. You can spend quality time by going to a show, movie, museum, art gallery, arcade, sporting event, concert or simply taking a walk together. The essential part of this language is that the time is spent intentionally and without the distractions of phones, work or other responsibilities.

### Physical Touch

Although this one may seem self explanatory let's think outside the box a bit. You could treat your loved one to a massage or book them a day at a local spa. Try taking them out dancing or bring them to a ballroom, salsa or line dancing class. Or make a point to spend this month giving them lots of hugs, snuggling on the couch or simply holding hands.

When selecting a language, consider how your loved one needs to be loved, not just how you prefer to express it. Our family believes in celebrating Valentine's Day as a time to express love for one another, without getting caught up in the commercialized aspects of flowers, chocolate, and trinkets. While a store-bought card is nice, nothing compares to your own words, time and intention.

**Happy Valentine's Day!**

## Product of the Month



### Dishwasher Pod Holder

We are big proponents of the principle of keeping related items together to streamline your daily routine. That's why we love this storage solution and space saver for dishwasher tabs by YouCopia. It conveniently hangs over your cabinet door, providing easy access and also includes space for sponges and other cleaning supplies.

*click the image for details*

## MONTHLY DOWNLOAD

Check out the newest resource on our website this month! To start 2024, our guide focuses on 10 things you can declutter in your own home.

Decluttering is the first step to getting organized, and this guide will help you get started!

*click the image to download*



*Raffle*

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