

## INTRODUCTION

*Romance in a relationship is the chord that makes the heart beat strongest. Without it, love can weaken and even disappear.*

“*Reviving a Cold Love Life*” is a personal journey exploring the many faces of romantic love.

Differences exist between the sexes; we all know this to be true. Each living on a different planet, men and women have their own ideas about what is romantic.

What makes romance so powerful and so necessary to our life? Is it that romance is the language that only the heart knows best?

When we show the one we desire most that they are special to us, we are being romantic. We can do this in so many different and unique ways.

Any good relationship requires effort to keep it alive. Your unique way of being romantic is your personal anchor to securing the heart of another.

***Romance the one you love with confidence! This report will be your personal guide!***

## THE FACE OF ROMANCE

You may be in a loving relationship, but, you don't know the first thing about how to romance from the heart. Sure, you can say, “I love you,” just fine, but, all those wonderful, romantic ideas just seem to escape you.

Below you can take a page from a true romantic's book. You can simply follow the guidance and do the do things, or, you can adapt the suggestions below to your own nature. Either way, you will be well on your way to being the true romantic!

### *A Week in the Life of a True Romantic*

#### **Day 1:**

~ Leave a note professing your love for your partner to find during the day. Put the note where it will be found, easily. Try their briefcase, the driver's seat of their car, in their coat pocket, in their lunch bag, taped to the receiver of the phone, taped to their computer, or left taped to a doorknob.

~ As soon as you arrive home for the day seek out your partner and offer a big, loving kiss. Tell your partner how much you love him or her and ask about their day. Make this a new, daily habit.

~ As an alternate idea, when your partner arrives home for the day, take their hand and pull them towards you aggressively. Offer a huge hug, kiss and say, "I missed you today!"

### **Day 2:**

~ While your partner showers, heat up his or her towel in the dryer.

~ Have flowers delivered to partner at work.

~ Surprise your partner by arriving home with their favorite drink, snack, or ice-cream.

### **Day 3:**

~ Arrange for an intimate lunch date with your partner.

~ Afterward, send a virtual card. Tell them how much you enjoyed lunch together.

### **Day 4:**

~ Call your partner in the middle of the day to discuss your romantic plans for that evening.

~ Print out some love coupons (find them on-line) and present them to your partner. One might say: this entitles loved one to a full-body massage, and sign your name.

### **Day 5:**

~ *For the kid in all of us!* Use multi-colored, sidewalk chalk to draw a BIG heart in red and write. Print out the words, "I love you" in the middle of the heart. Do this someplace that is prominent such as on your driveway so that when your partner comes home he or she will see it.

~ Cook a favorite meal for your partner and then eat it, slowly, by candlelight.

### **Day 6:**

~When the weather is best, take a brisk walk through a nature trail with your love and talk about all the reasons why he or she is so special to you.

~ If the weather is dreary, have an indoor picnic. Spend the time together, inside enjoying your favorite board games and just relaxing and talking.

~ Cuddle up in your pj's and relish a romantic movie together.

### **Day 7:**

~ Just sleep in and cuddle together. Call into work and explain you are "under the weather" and need to rest a bit more before coming in.

~ Make a long list of the many reasons why you love your partner as you do and then have them framed and present it to him or her.

~ If you don't live together, call your loved one just to say goodnight. Recite a favorite love poem over the phone and end with, "Sweet dreams, until we meet again!"

## **LITTLE THINGS MEAN A LOT**

*"Should the sun refuse to shine, should romance run out of rhyme; you alone will hold my heart -- now until the very end of time."*

**- Verses of Love**

The biggest myth in romance is that you must pull off something big and extravagant so that your efforts will matter. The truth is that what will impress your loved one the most will often be the little things.

Little things are rather simple things that you do for your loved one. Despite the fact that they are "little" they can mean so much. Your loved one will be touched that you took the time to show him or her that you care so much. You will be considered thoughtful. All of this plays very well when wishing to be romantic.

Consider your loved one's heart to be a basket. The basket wants to be filled. When you shower your loved one's basket with many, little gifts, the basket will be filled and your loved one will be content and feel loved. It is as simple as that!

Considering the importance of every day little things, think about some new romantic ideas.

*Just for today:*

- \* Pay your loved one a compliment, such as how awesome they look.
  - \* Give your loved one a strong hug just because.
  - \* Pick a bouquet of wild flowers and present them with a kiss.
  - \* Massage their back and/or feet at the end of a work week.
  - \* Leave an "I love you" note on their pillow.
- \* Call spontaneously at their work to say "I am thinking about you."
  - \* Place your arm around your loved one in public.

Remember, when you take the time to be thoughtful and attentive today, this can usher in more intense romance later on.