

It's time to check your bank account.

Nope, we don't mean your finances—we mean the "bank account of love."

Make time on this date to deposit words of affirmation, plan for future activities, and dream for your life together.

Oh yeah!

Go to a store and pick up a candy for less than \$2.00 that best represents why you love your spouse.

On a daily basis, and during every interaction, we are either depositing or withdrawing credits from our spouse's love account.

At times our spouse will give us a "notice of withdrawal" which some spouses call nagging. Done right, using "I" statements these are a positive part of any relationship. Imagine your banker not letting you know when your account is overdrawn.

One way we can check our account balance is by doing the "PIC" check-up.



Using a scale of 1-10, ask your spouse where they are in each area, then discuss. This is a great habit to do on a weekly basis.

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