

'10' things I love about you...

Building Authentic Relationships

Shaping Faith

About:

We believe that we were created by a loving God, so it is only natural that children need to feel loved in order to best develop and succeed.

The power of words is an unbelievable thing. They cultivate a range of emotions. Words can inspire, encourage, devastate, uplift, tear down and ultimately change the direction of a child or spouse's day, week, and in some rare instances, their life.

Be purposely intentional by taking just ten minutes each day to make a profound difference for one you love by communicating 'I love you'

How to start:

Print out or make some "I Love You" note cards on white paper/card and write 1-10 things that you love about the recipient.

Once you have written on your "I Love You" note card place your note in a lunch-box, on a pillow, in a school bag or spouses briefcase for your child or spouse to discover. Make sure to do this on a regular basis.

Don't save it for another day:

Don't save it for another day because you can't think of anything fancy to say. You do not have to share Shakespearian verses, just write what it is you love and appreciate about that person.

To find out more ways to say 'I Love You' download our '5 ways to say I love you' resource from our website:
children.adventist.org.au
or visit www.5lovelanguages.com

