

Sending you memes or reels that let you know they thought of you

Telling you about something interesting they learned recently

Remembering important dates

Prioritizing you

Creating a cozy and warm atmosphere

Letting you fall asleep on them

Communicating with you about a boundary they have

Giving a thoughtful gift

Making you something

Investing in appropriate connections with your friends and family

Trying something that you like	Helping you have a nap
Initiating the scheduling of something important to you	Learning new communication skills
Softly holding your hand	Taking care of you when you're sick
Concerning themselves with your shared financial future	Listening to some favorite music or bands together
Sharing childcare responsibilities	Working on a project with you as a team member

<p>Taking on a chore that you particularly dislike</p>	<p>Asking you to show them how to do something because you're good at it</p>
<p>Praising you to your children</p>	<p>Giving you a break from something that is usually your responsibility</p>
<p>Allowing you to not be at 100% energy or intelligence sometimes</p>	<p>Being a safe haven for expression of your distresses</p>
<p>Demonstrating curiosity for your passions or interests</p>	<p>Making an income that supports your shared life</p>
<p>Prioritizing agreement on how shared finances are managed</p>	<p>Watching some favorite movies or plays together</p>

Sharing household responsibilities	Requesting your help with something
Demonstrating attention to you through their body language	Taking initiative
Praising you to other people	Allowing you to make mistakes
Apologizing	Verbally affirming your good qualities
Writing an endearing message and leaving it for you to see	Holding you close

<p>Giving you space when you need some alone time</p>	<p>Taking care of you when you have an injury</p>
<p>Partaking in your sensual pleasure</p>	<p>Changing the toilet paper roll</p>
<p>Creating social/family events</p>	<p>Making moments festive or memorable</p>
<p>Positively and supportively challenging you</p>	<p>Encouraging positive self-talk</p>
<p>Cooking</p>	<p>Washing and putting away laundry</p>

Keeping shared spaces tidy and clean	Helping you achieve personal goals
Managing garbage/recycling receptacles	Knowing your patterns and habits
Following an agreed-upon standard of decorum	Being aware of your emotions
Telling you details about their day	Dreaming about your future together
Being reliable	Remembering and reflecting on cherished times together

Encouraging a positive body image	Making coffee or tea
Planning, designing, and securing the components of meals	Keeping the toilet lid down/up according to your preference
Noticing when you feel overwhelmed by something, and collaborating on a way to help	Helping you identify barriers to your personal goals and helping you find solutions for them
Anticipating a need or desire	Knowing your preferences
Honoring your boundaries	Initiating difficult conversations

Making vacation plans and arrangements

Choosing to keep a good attitude during a disappointing situation

Being punctual for something important to you

Knowing what's important to you

Doing something special for your birthday

Singing to you

Helping you clean up when you accidentally spill something

Showing you grace and compassion for your mistakes

Telling you what's important to them

Celebrating your achievements

Bringing you a snack	Telling you what you mean to them
Making it easy for you to share something that is difficult to talk about	Putting the phone away when you are having dedicated time together
Wanting to protect you	Asking for your perspective on something
Coming up with solutions for needs	Being in the same room with you
Acknowledging the pain of a difficult emotion	Listening intently to you when you are on a date or sharing something personal

Putting a guiding hand on your back when you walk up stairs	Ensuring financial stability
Participating in self-care	Pursuing self-growth
Protecting downtime	Cuddling with you
Noticing when you've put effort into something	Massaging you
Putting lotion or cream on you	Grooming you