



**C** – *Care* – Don't ever stop caring!

**H** – *Hug* – Hugs are like medicine. You really can't hug your spouse too much!

**A** – *Affirm* – Encourage, build up, compliment, and support your spouse. Kind words go a long way.

**S** – *Savor* – Each second truly is precious. Don't forget to savor your spouse – their eyes, mannerisms, laugh, smile, kisses, etc. Drink them in!

**E** – *Engage* – Don't stop creating time together, being romantic, thoughtful, and interested. Ask questions, plan dates, avoid distractions.

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