CHECKLIST · RELATIONSHIP

FREE PREVIEW

Expressing Love in Non-Verbal Ways



Non-verbal expressions of love deepen connections and show care beyond words. Use this checklist to explore meaningful gestures.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 Offer Physical Affection

Show love through hugs, handholding, or a comforting touch.

TIP *Be mindful of your partner's comfort level and preferences with physical affection.*

2 Perform Acts of Service

Help with tasks or surprises that lighten their load.

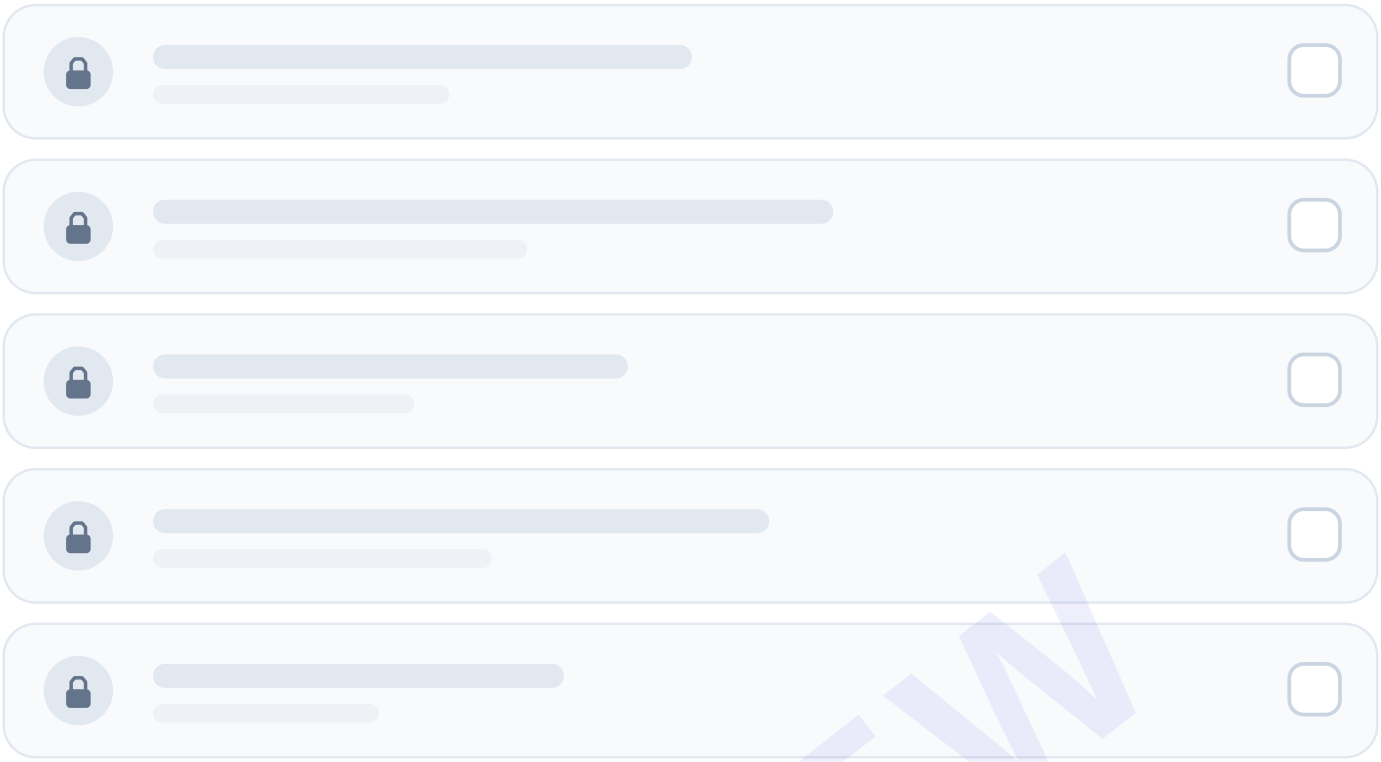
EXAMPLE *Make their morning coffee or handle a chore they dislike.*

3 Give Thoughtful Gifts

Surprise them with something meaningful that reflects their interests.

TIP *It doesn't have to be expensive—a handwritten note or favorite snack can go a long way.*

PREVIEW



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