

L.O.V.E. WORK

Homework is a word that very few people get excited over, so I'm calling it *Love Work* and it means more than just the title. At the end of every chapter, and especially once you have completed the book entirely, I want you to make notes and have conversations about L.O.V.E. with your partner. Love means many things, but for this purpose, allow me to explain: L.O.V.E.

L – *Learn*

O – *Opportunities, Open to*

V – *Vows, Vacation*

E – *Empowerment, Experience, Expand, Excited*

When you finish reading each chapter, ask yourself and share with your partner:

What have I Learned?

What am I now **O**pen to, or what **O**pportunities can I see for myself or for us?

What new **V**ows (promises) can I make to myself and to my partner?

What behaviours can I take a **V**acation from... permanently or even temporarily to benefit my marriage?

And when is the next **V**acation from work and chaos, to spend quality time on our relationship. It could be a few hours, a day, a few days or a few weeks. Some dedicated time will really help. When will I schedule it into my calendar, making sure it works for both of us? How will we spend the time together?

What am I now feeling **E**mpowered to do or say?

What **E**xperience can I create to enhance our relationship today?

What items would I like to **E**xpand on from this chapter? Have the chat as a couple.

What am I **E**xcited about?
