

# The Heart-Card Ritual: 28 Days to a Stronger Bond (Days 1–13)

*Stephanie Roberts*  
*Author, Teacher, Counsellor*



When you pick a Heart-Card each day, whether at random or by choice, you're making a conscious effort to show care and thoughtfulness, this ritual invites both partners to feel the connection, build trust, and be truly present for one another.

Romance flourishes when you make time for each other, appreciate each other's unique qualities, including flaws, and develop a friendship that underpins your love. Mutual appreciation means accepting imperfections, offering forgiveness, and supporting each other through challenges. By striving to become best friends, you lay the foundation for unconditional love, where both partners feel valued and supported, no matter the circumstance.





Without communication, a relationship will die. It is as necessary as oxygen is to life.

Try to listen to *UNDERSTAND* first before *REPLYING*.

A false or misunderstood word may create as much disaster as a thoughtless act. A Great Relationship has Great Communication.

Express yourself effectively and clearly. Listen properly to your significant other. Communication is a skill that can be learned. Like riding a bicycle.

The most important thing in communication is hearing what isn't being said. It's the art of reading between the lines.

*Communication is the Human Connection.*

*What things bring you happiness and feelings of connection?*

*What things cause you disappointment and pain?*





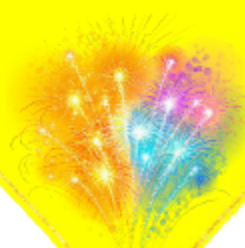
Couples can improve their wellbeing by giving each other a massage.

A couples massage encourages bonding. Massage stimulates the release of many feel-good hormones, which boost feelings of intimacy and affection. It relaxes the body, soothes the mind and revives the soul.

So basically, a couples massage is pretty much a scientific love potion!

Massages stop short of orgasm (or at least they're supposed to), leaving you hovering on the brink and ready for your lover to complete the act ...

*Give each other  
A Happy Ending Massage!*





Men love to be spoilt and given special attention.

Boys and their toys! Why not play some PlayStation or Xbox with your man for a night?

Be your partner's Maid for a Day. Treat your partner like royalty for a day. Or even a few hours, if your partner doesn't allow you to play the maid for an entire day.

You can even wear a French maid's dress!

*Give him a shave. Lay out his clothes.*

*Bring him a glass of beer/wine. Prepare him snacks and watch the game with him, cheering on his favourite player and team. Grab that joystick and give him a little competition on the X-box or PlayStation.*

*Serve him a special meal (while you tease him with the feather duster).*

*No dessert. Tell him ... you are the dessert. Tie a red ribbon with a bow around yourself.*

*Come on ... I'm sure you can think of something.*

**HOT**



Cooking is an activity that allows a couple to connect on an intimate level, to be creative and strengthen their relationship.

Cooking well doesn't mean cooking fancy. The secret ingredient is always Love. Cooking is love made visible.

No matter how you slice and dice it, food and love are inextricably tied. Culinary skills are sexy. Learn together.

Great food is like great sex. The more you have the more you want.

Sexay.

*Help your partner prepare dinner and wash the dishes.*

*Wear nothing but aprons!*

*Maybe a little food fight?*

*Think of something innovative.*

*Don't forget the candles and Pinot Grigio.*







## WRITE A LOVE LETTER TO EACH OTHER

Texting is the norm in our day of technology. But it still can't measure up to the impact of a handwritten love letter.

What can you say in a love letter that won't come across as too mushy or too clichéd? LOTS, and you don't have to be a skilled writer to write words that will touch each other's hearts

Show your love and effort by going another step. Pick a perfect bouquet of roses and place your love letter in it, or prepare your lover's favourite meal and place the letter in an envelope along with the dessert.

*Start strong. Go right to what matters most.*

*Be specific. Zero in on each other's most outstanding traits.*

*Make an impact statement. Write about the difference he has made in your life. If he's the rock you depend on, give an example of a time that was evident.*

*Talk about the special moments you've shared together and how much they mean to you.*

*Write about anything that you strongly feel and appreciate about your lover.*



Illustration: Pexels



Reminiscing about the 'way we were' can revive your relationship. As you trigger a memory of an experience you had with your significant other, you strike a responsive chord and some of those old feelings come back

Taking a trip down memory lane helps to fortify and renew your relationship.

*Get out old photos or videos and relive those memories from your past. Play music from that era or from an event itself, such as your wedding.*

*Laugh together when recalling things that didn't go as planned.  
Indulge in enjoyable recollection of past events.*

*Talk about special moments, the things that first attracted you to each other.*

*Reminisce about sweet memories, such as the birth of a child. The marriage proposal. How did you know I was the one you wanted to marry?*

***Reminiscence about your Love Story.***





A relationship is a living thing that needs nourishment to grow. Fertilise it like a plant and introduce change into your relationship. Variation from the everyday routine is important to make things more fun. While it is wonderful to get away to some exotic island where you both could spend days sipping Pina Coladas on the beach, it is good to have some ways to electrify your relationship during normal everyday life.

*Check out a new neighbourhood together and visit the coffee shop and arty places. Explore your next town.*

*She usually goes to her type of shows and you go out with the boys. Buy tickets to a show of your choice (on different nights!) and accompany each other to the concert of your choice. Both parties get to hear their favourites and it gives the other insights about their partner.*

*Stargaze at night. Name your stars. Sitting together under the moon and stars is simple and romantic, with a glass of wine or cup of coffee.*

*Hit an amusement park and bring some childlike fun back into your life. There's zero reason not to go to an amusement park when you're an adult.*

*He loves playing pool. You love painting. Teach each other your favourite hobby. Teaching and learning together brings you much closer. Be patient and idiotic with each other.*







Not every decision in a healthy household needs to be a consensus agreement. Part of being in a relationship is knowing where your strengths complement the other person's weaknesses.

*Doing things together is easier than arguing about whose job it should be.*

*Decide to fix at least three small things today—and get the job done!*

*What needs fixing around your house?*

*A leaky faucet—only usually needs a new washer. Save the water bill.*

*That cupboard door with a loose hinge that drives her mad.*

*That loose doorknob that keeps coming off. Annoying!*

*She wanted a feature wall bright blue, remember. Paint it. Together.*

*She's been asking for those brass handles on the buffet ... for how long?*

*Get them today!*

*Re-caulk the damaged old caulking around the bathtub and shower to look fresh with bright white new caulking.*

*What needs doing in your house?*

*Get that paint, hammer and screwdriver out now!*

*Remember the time to fix the roof is when the sun is shining ...*



Not every decision in a healthy household needs to be a consensus agreement. Part of being in a relationship is knowing where your strengths complement the other person's weaknesses.

*Doing things together is easier than arguing about whose job it should be.*

*Decide to fix at least three small things today—and get the job done!*

*What needs fixing around your house?*

*A leaky faucet—only usually needs a new washer. Save the water bill.*

*That cupboard door with a loose hinge that drives her mad.*

*That loose doorknob that keeps coming off. Annoying!*

*She wanted a feature wall bright blue, remember. Paint it. Together.*

*She's been asking for those brass handles on the buffet ... for how long?*

*Get them today!*

*Re-caulk the damaged old caulking around the bathtub and shower to look fresh with bright white new caulking.*

*What needs doing in your house?*

*Get that paint, hammer and screwdriver out now!*

*Remember the time to fix the roof is when the sun is shining ... ☀*



Forgiveness is a bold step in the right direction.

Forgiving your partner if they've done something to upset you can be one of the hardest things to do in a relationship. It can be more tempting to hang on to negative emotions. You act distant and frosty as a way of punishing the person who has upset you. When you feel disappointed, angry or betrayed, the thought of forgiving your partner can feel like giving in—as if by letting go of your resentment, you're allowing them to 'get away with it'.

A beautiful relationship does not depend on how well we understand someone. It depends on how well we avoid misunderstanding. It helps you both move forward together.

*Are you harbouring a grudge?*

*Let go of your anger and let go of the 'moral high ground'. Consider how you may have contributed to the argument. Although it's tempting to imagine oneself as completely in the right when it comes to disagreements, there are usually two sides to any argument.*

*Talk to your partner—be vulnerable.*

*Heal and forgive each other.*

*Reaffirm all the things that each has done right. Problems occur because each is concentrating on what is missing in the other partner.*



Designed by 52°NORTH





## SPEND 15 MINUTES CONNECTING

Every relationship encounters disagreements or conflict at times. But when we have a secure emotional connection with our loved one this is only a temporary feeling and nonthreatening.

For those who have a weaker emotional connection, the fear can feel devastating, leaving some with a sense of panic. These feelings often occur on an unconscious level. It is not until we bring them into our awareness that things can begin to change.

Our loved one should be a source of comfort, security and refuge. When life gets full of things like growing careers, rearing children, balancing home life and work, our emotional connection can become compromised.

*Start by appreciating something about each other. Him: 'Aside from food, you're my favourite.'*

*Her: 'I'm always amazed at the things you don't find embarrassing about me.'*

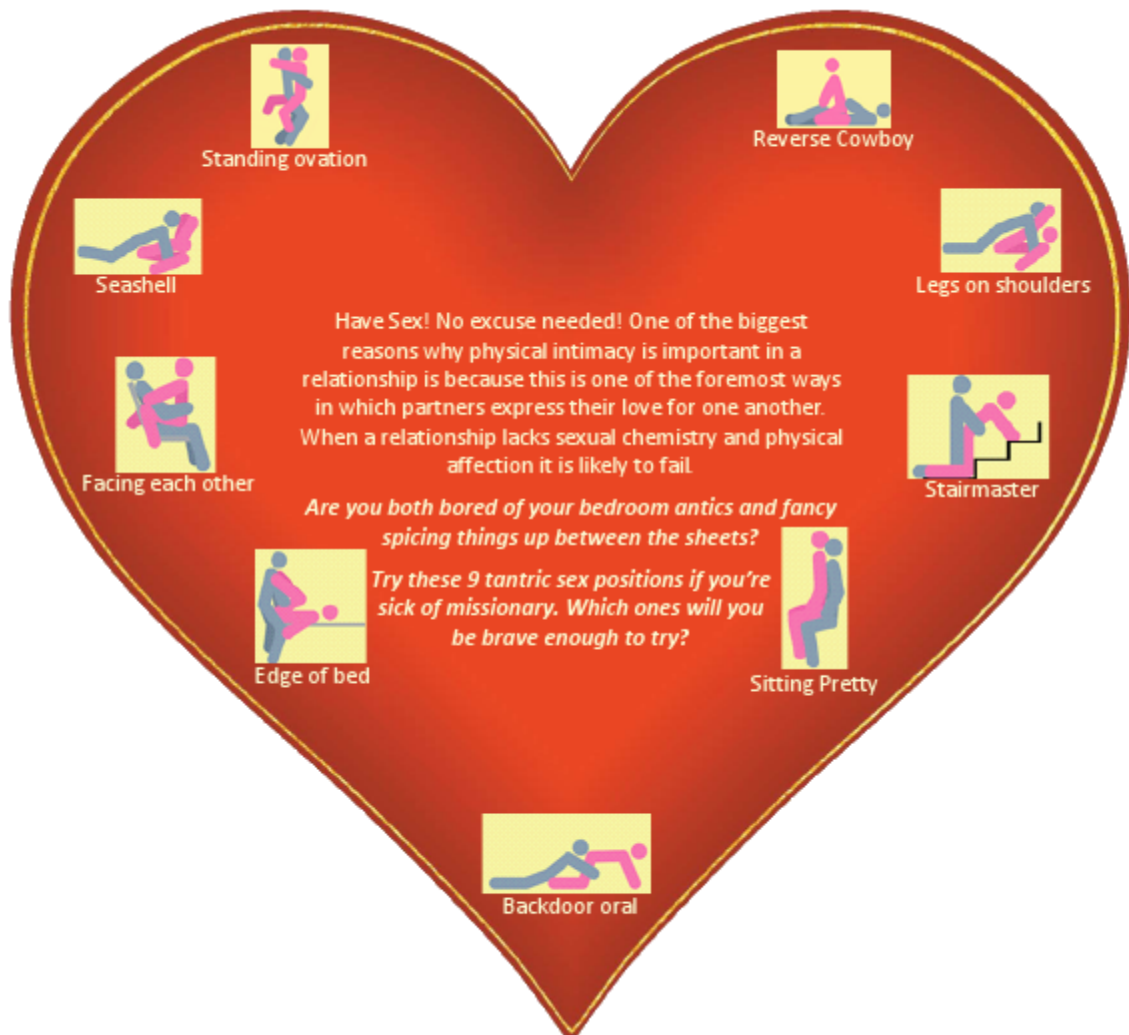
*Offer some new information from your day—'Our Jenny, 9 going on 17, wants to leave school and jump to college. She says she's bored with school.'*

*Tell your spouse something about yourself—'I'd like to learn karate; in case someone jumps me after my gym class.'*

*Silly. But you get it. Put your spin on it.*

**Connect.**









Appreciate what you have, where you are and who you are with in this moment. Appreciation can make your partner's day and bring you closer. Simply put it into words

It's easy to slip into the habit of taking each other for granted and stop caring for and appreciating each other. This can lead to arguments, frustration, resentment and suddenly wondering if the relationship is meant to work out. Healthy relationships keep evolving. When it comes to love, appreciating your partner is never enough. Make appreciating your partner a priority to keep the spark alive. Appreciate them for who they truly are as a person.

*Acknowledge what you love about your partner, their family or their friends. Compliment them on simple things you love about them. For example, say something nice about their optimism, their strength, their kindness or their hard work.*

*Let them know how much you are attracted to them. It's always nice for your partner to know you still find them.*

♥ Sexy.



Designed by Progress

BLOG: <https://www.relationshipsinsights.com>

WEBSITE: <https://stephanieroberts.college>

YOUTUBE: <https://www.youtube.com/@LifesJourneyReflections>