

75 Caring Deed Action Ideas

(that are specific, easy to do, noticeable actions):

1. Cuddle close to me in bed for a few minutes before we go to sleep.
2. Go to bed at the same time as I do.
3. Surprise me with something simple (a candy bar, a flower, a note, a special meal, etc.)
4. Hug me in the morning.
5. Tell me you love me.
6. Greet me affectionately when I arrive home.
7. Wish me a good day and give me a kiss when I leave for work.
8. Notice and then compliment me on my appearance.
9. Thank me for doing a standard chore (mowing the lawn, cleaning the house, etc.)
10. Complement the meals I cook.
11. Take the dry cleaning to the cleaners and pick it up.
12. Open the car door for me.
13. Hold my hand when you walk with me.
14. Walk around the block with me (in the morning, after supper, etc.) and hold my hand.
15. Give me an unexpected kiss.
16. Suggest we go to a park or lake and just walk together.
17. Prepare a romantic, candlelight dinner.
18. Sit next to me while we watch TV and touch me or hold my hand.
19. Tell me you enjoyed having sex with me.
20. Be positively responsive to my sexual advances.
21. Initiate sex by making sexual advances.
22. Show interest in what I say by asking relevant questions, agreeing verbally, or looking at me with interest when I talk.
23. Call me to let me know if you'll be late for dinner.
24. Notice things I do to decorate or maintain our home.
25. Fix one of my favorite salads, vegetables, or desserts as a surprise.
26. Show appreciation for something you notice me doing that is a daily chore.
27. Show appreciation for something you notice me doing for you that is special.
28. Help me vacuum or clean the house.
29. Take out the trash without me having to ask.
30. Help clear the table with me after dinner.
31. Make a nice breakfast for us.
32. Help me prepare dinner or get the meal on the table.
33. Help me carry in the groceries.
34. Feed the pets for me.
35. Put your dirty clothes in the clothes hamper.
36. Wash and clean the car for me.
37. Fill my car with gas without me asking you.
38. Suggest and initiate something fun or interesting to do for the evening. (i.e. pop popcorn, play cards, go to a movie, etc.)
39. Change the baby's diaper.
40. Give the baby a bath.
41. Get up at night to care for the baby.

42. Read a story to the children.
43. Suggest we take the children to the park for 30 minutes.
44. Fold the clothes and put them away.
45. Give me an unexpected hug or kiss.
46. Call me during the day to say hello.
47. Tell me that you're glad to see me when I get home.
48. Bring me hand-picked flower(s).
49. Ask me which music I would like to hear and play it.
50. Share a song with me that has positive words of love that reminds you of me.
51. Reach over and touch me when we're riding in the car.
52. Put your things away.
53. Look at me with interest when I tell you something.
54. Actively join me in planning dream trips, even if we never get to take the trip.
55. Wash my back.
56. Fix orange juice in the morning.
57. Invite me to tell you the details of my day.
58. Hold me when you see I'm feeling down.
59. Tell me you like being around me.
60. Plan time for just the two of us together.
61. Smile at me when you see me.
62. Bring me a cup of tea or morning coffee.
63. Massage my feet at the end of the day.
64. Send me emails, pictures or memes that make me smile and brighten my day.
65. Cook me a dessert or favorite dish you know I like.
66. Attend my games or presentations.
67. Happily go with me to events that are important to me (or to me and the children).
68. Offer to pick up things I might need while you are out.
69. If you are out or stopping by a store, text or call me to see if I might need something from that store while you are there.
70. Introduce me to others with positive remarks.
71. Include me in conversations with your family and friends.
72. Help with technology I don't understand.
73. Listen to my frustrations without judgment.
74. Hug me as long as I want.
75. Remind me of things I did in the past that I did well. (i.e. Fixed something, found a lost item, surprised you with my effort, made our life better).

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