

LOVE Practically Speaking

Hey Del,

Some of the greatest satisfactions in life come from investing in the lives of other people—**loving and serving them well**. Too often, though, we find ourselves too exhausted and depleted to do just that.

When we are physically, emotionally, or spiritually spent, it's hard to be present (in the moment) with the people we love and care about the most.

The solution? **Take care of yourself.**

Proper food, sleep, and recreation keep the body strong and the mind healthy. Plan time to renew and revive yourself so you'll have the energy and stamina to love others joyfully and effectively.

Del, make the most of this new year:

- Take time for reflection.
- Make necessary changes.
- Find balance.
- Take care of yourself.
- Love others well.

And above all, seek a little heavenly wisdom so you can make the wisest choices with the time you've been given.

To help you start the year off right, you'll find some ideas in the "**Reader Suggestions**" section below to help you add a little more soul care into your life based on your primary love language. It's a new year.

Isn't it time for a **renewed** you?

“Being intentional with empathy means choosing to listen fully, without strategizing your next rebuttal.”

THE 5 LOVE LANGUAGES

Preorder *The Love Language That Matters Most* now, and then [click here](#) to access your **exclusive bonuses**, including:

- **Learning the 5 Love Languages** video course
- **Connection Cards** (downloadable)
- **Chapters 1-3** to get started right now

Everyone wants to feel seen, known, and loved in their relationships. *The Love Language That Matters Most* will show you how.

READER SUGGESTIONS ⚡

Need a little help speaking the love languages? Try these ideas from our readers:

- **Words of Affirmation:** Surround yourself with positive and encouraging words. Consider using them in the artwork at your place of employment or in the decor of your home—inspiring quotes, Scripture verses, motivations, and affirmations will all serve to energize you.
- **Act of Service:** It's in your nature to do things for others. Lots of things. So slow down and take a moment to think about how you can treat yourself today. Take the car to a detail shop. Eat out at the restaurant of your choosing. Hire a maid, painter, or dog walker. Sometimes it's the hardest thing to just relax and allow others to serve you.
- **Receiving Gifts:** When was the last time you simply bought yourself a gift? If it's been a while and won't add any stress or debt, go for it. Remember, it doesn't have to be expensive—it's the thought that counts. Allow yourself the freedom to get something meaningful and/or personal to you.
- **Quality Time:** Take some time today to be mindful of your thoughts and emotions—dig down deep and process how you are feeling and what you are thinking. Allotting some time for solitude, reflective prayer, or journaling will help you feel focused and refreshed.
- **Physical Touch:** Pay attention to your body. What are some ways you can pamper yourself? Relax on a comfortable couch, chair, or hammock. Go to the spa for a massage. Use a luxurious soap in the shower. Apply some soothing oils or moisturizing lotion to your skin. Choose something to wear that just feels good.

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YOUR TURN!

Send us the **creative ways** you speak the love languages to your loved ones, family, or friends. We'll feature our favorites in upcoming newsletters. → [**CLICK HERE**](#)