

S.M.A.R.T. REQUESTS

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1. Greet me when I come home with a big hug
2. Give me a shoulder massage after I work out
3. Bring me a cup of coffee in the morning before you leave
4. Have sex with me at least 3 times per week
5. Do one load of laundry once a week
6. When I am talking, please let me finish my sentences
7. Call me/text me when you are leaving work for home
8. Take me on a date night at least once a month
9. When I cook dinner, I would like you to help with the dishes
10. If you like the meals I prepared, please tell me
11. Let's review the budget/spending once every 6 months to make sure we are on the right track to knock out our debt
12. Back me up in front of the kids to make sure they finish their daily homework/school assignments
13. Before bed, please spend at least 5 minutes telling me about your day
14. Open the car door for me whenever we go somewhere
15. Please use the credit card for emergencies only (define an emergency)
16. Hold my hand when we go places together