

The 5 Love Languages

by Gary Chapman

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01

Run a Complaint Audit

Write down the three things your partner asks for or criticizes most often. Translate each complaint into a possible love language before defending yourself.

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02

Ask: 'What makes you feel most loved by me?'

Not 'what do you need from me in general' - be specific to your own actions. Their answer is a direct window into their primary love language. Listen without defending. Then act on exactly what they said.

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03

Run a 30-day love language experiment

Pick your partner's primary language. Commit to one deliberate act per day for 30 days - not in addition to your natural style, but instead of defaulting to it. On day 31, compare how the relationship feels.

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04

Translate complaints into requests

The next time your partner criticizes something you do or don't do, ask yourself: 'What love language is this complaint pointing toward?' The complaint is the request. Now you know exactly what to do.

MON TUE WED THU FRI SAT SUN

05

Write each other a love manual

One page each: what fills my tank, what drains it, and how you'll know you've spoken my language successfully. Exchange. Read without defending. Revisit in 30 days.

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06

Do the weekly love tank check-in

Every Sunday: 'On a scale of 1-10, how full is your love tank?' If below 8, ask: 'What one thing could I do this week to fill it?' Then do exactly that one thing. Simple practice. Profound over time.

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07

Observe how your partner loves others

People typically express love in their own language - the way they most want to receive it. Watch what they do for friends, family, and strangers. The way they show love reveals the way they most need to receive it.