VALENTINE'S DAY

Basket question

This Valentine's Day, CANA suggests creating a **basket of questions**!

It's very simple, small activities are attached to this document. While maintaining the element of surprise, print and fold the papers, then place them in two separate baskets. Each spouse chooses a basket.

During the candlelit dinner, place the two baskets of questions in front of you. Turn by turn, draw a question and answer it.

Feel free to add or change certain questions to make them even more relevant to your couple.
It's up to you!

& Sweet Jar

For the second part of your candlelit dinner, we suggest creating your own **sweet jar**!

You can get 2 jars from home, or make your own paper boxes. Then take little cards to write:

- compliments,
- affirmations,
- important souvenirs,
- qualities of your partner,
- or even a saying.

Each spouse fills the other's jar. You can also add more as the year progresses.

Here are some inspirations for your jars:

- «I hope you have a lovely day»
- «Sending you kisses»
- «Thank you for everything you do for me»
- «You are my ray of sunshine»
- «Love is patient and kind» 1 Cor 13:4

What is your favorite memory of us from this past year?

What was the most beautiful place we visited together this year?

What would you like to accomplish in the next few years?

1 COUPON
For the entire week, let's give each other one compliment per day

Talk about one thing I did recently that made you want to express gratitude

1 COUPON
Prepare my favorite breakfast in the next few days.

How do you feel our lives have changed since we became spouse?

What activity that you dislike, makes you feel good once done?

What could we do to strengthen/deepen our relationship?

What's a quality or trait you love about me?

What are the three things that I would want to have if I was stuck on an island?

1 COUPON
Let's take the time to go on a date this month

What couple habit would you like to improve or change?

What is the funniest thing I have ever said or done?

What recent sucess made you proud?

What is my favorite way to show you my love?

CANA
for a deeper, stronger love