



**Sticky-Note
Love**

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Dear Reader,

Thanks so much for picking up a copy of *Sticky-Note Love*. I hope it helps your relationship grow stronger than ever. The advice it contains is simple, but highly effective when put into practice.

Here is the deal. I am generally quite intelligent. However, I am only just smart enough to realize that I know nothing, **NOTHING**, about women. I don't understand or pick up hints. I have to be told, directly, and often repeatedly, before I get anything.

I get distracted easily and am absent-minded, so I forget to do things. I take things for granted, and after being in a relationship for some time I tend to forget to do things that I did automatically in the beginning.

At least, though, I am aware of these facts. I know that I'm an idiot (when it comes to keeping my wife happy). So I came up with a system that helps make sure that I don't lose the romantic streak I started while we were dating.

After you've worked through this guide, would you do me one favor? Let me know how the system worked for you. I want to make this guide even more amazing and your feedback will help.

(All updates to this guide will be FREE for you. I will email whenever an update comes out.)

To send your feedback, write to:
SNL@Adventure-Some.com

Let's go improve your relationship.

Matthew

INTRODUCTION

I am absent-minded. After being married for a couple of years, I found that I had a harder time remembering to tell my wife that I love her on a regular basis.

Therefore, I came up with a system that would enable me to consistently let her know that I love her and am thinking about her. It only takes a few minutes, and costs only a fraction of a penny a day.

I never want to look back and say "I wish I had told my wife that I loved her more often".

A NOTE ABOUT THE TERMINOLOGY

As you read through this, I will reference your wife. I understand that you might not be married, but the system was initially designed for me to use for my wife and that is who I think of as I write the descriptions. Furthermore, it is easier to use a

single, more specific, term than it is to continually use broad terms such as: her, she, the woman in your life, etc.

ONE SENTENCE SUMMARY

The content of this ebook can be summed up in a single sentence:

Write your wife a love note every single day.

Maybe you are thinking to yourself that you don't know what to write on a daily basis. Fortunately for you (and for me), love notes don't have to be long to be effective. While a two-page letter will have more of an effect than a one-sentence note, the one-sentence note is still highly powerful, especially when you recreate it on a daily basis.

A hand-written note means far more than an email or even a card that you purchase. It shows that you put thought and effort into something special just for her. Since you love your wife, I'm sure that this is a message that you want to convey: "You are important to me."

INSTRUCTIONS

Write your wife a love note every single day.

This is the foundation of the entire system. You may have guessed from the title, but to keep the daily notes simple, you will need a pad of sticky-notes and something to write with. We want the action to be simple, so that it's not too overwhelming to do every day.

The instructions are simple, and there are a few variations that you can choose from to better suit your wife's preferences:

Basic Instructions:

1. Write love note for your wife.
2. Place note somewhere that she will find it during her day.
3. Repeat daily.

That's it! There's not really any more to it. Seems easy enough to do, right? Good! That's the whole point and advantage of this system. It's quick and easy to do.

Variations:

- You get to choose where to place the notes. Will they be in the same location each day, or will you hide them so that she has to search?
- Write with different instruments. Even if you have a favorite pen, sometimes a different pen, pencil, marker, or even crayon will introduce enough variety to keep your note-writing interesting.
- Put those different colors and sizes that sticky-note companies make to use! You don't always have to use a 3x3" yellow square. Variety is the spice of life, after all!

WHY IT WORKS

Just because the system is simple, it doesn't mean that it is simplistic. This system succeeds for a number of reasons:

1. By consciously focusing on her in a positive way, you will find more things about her that you like, which will cause you to fall more in love with her.
2. Similarly, you will unconsciously think about her more often throughout the day as you plan for the next day's note.
3. She will recognize that you really mean what you write and will respond accordingly.
4. Because this system is so simple, and only calls for one easy daily action, it is easy to build a habit of completing it each day.

I do not have a degree in psychology, nor am I a relationship counselor. This system was developed after I messed up a couple of relationships and finally took the time to think about what went wrong and decided that I didn't want to make those same mistakes again.

The two biggest mistakes I made:

- I didn't tell her I loved her often enough, even though I loved her more as time went on.
- As time passed, I stopped doing the little things that I did when dating; leaving her notes, calling just to hear her voice, etc.

These two mistakes caused my relationships to suffer; we stopped growing closer together and eventually this caused us to grow apart.

Women need to know that they are loved (air, water, food, love). Without displays of affection, they begin to question the relationship and themselves. They will feel that they are growing away from you. As they feel this way, you will find that you are receiving less affection from them, which makes you less likely to show them affection, and so they feel even further apart from you.... it's a vicious circle.

Fortunately, this same circle works in the other direction. The more you express your love, the more secure and confident she will begin to feel.

She will increasingly become affectionate towards you, which will make you want to show her more affection, and in turn she'll be more affectionate toward you... and so your relationship grows even stronger.

"You can always have too much stuff, but you can never have too much love."

A WORD OF WARNING

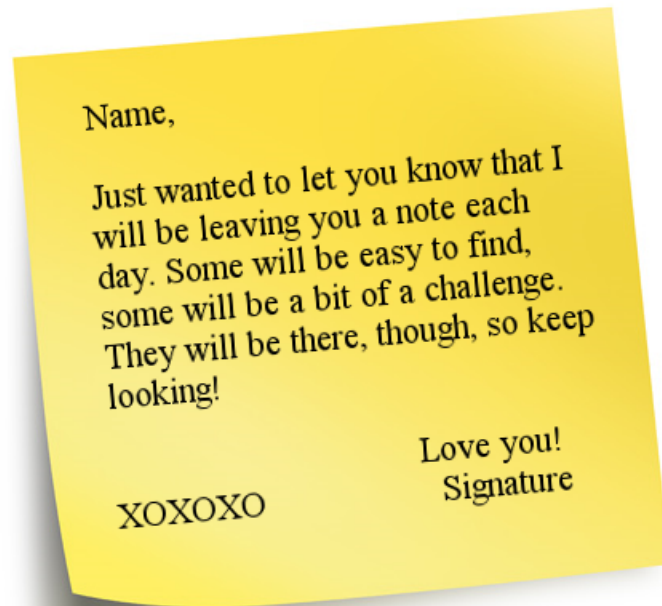
The system might be simple, but that does not necessarily mean it is easy. It takes some planning and effort to do something every single day. Beware the temptation to skip a day, as one day can quickly grow into two or more. Aim to go a whole month without missing a day.

LET'S GET STARTED

Ok, there's no time like the present to start a good thing. So go get your sticky-notes and writing utensil. I'll wait here while you do.

Now that you're back with your notes and something to write with, we can get started. (You do have them, right? Because, really, there's no better time to start than right now!)

Using this basic format, write the first note to your wife:



Optional:

- You don't have to put the “XOXOXO” on your notes, but I make sure to include it on all of mine. If nothing else, it fills the note even more!
- If you will be leaving your notes all in the same location, mention that in the note. Perhaps saying, “I will be leaving you a note each day, and this is where you will find them, so be sure to check here.”
- Feel free to use pet names for your wife. You don't always have to write her proper name on the notes.

59 MORE DAYS OF NOTES

After starting with the introductory note on the previous page, here are 59 more note ideas; two months' worth.

2. Just wanted to let you know that I love you.
3. You're the most amazing woman in the world, and I love you!
4. You make my life better just because you're a part of it.
5. You make me a better person because you're my wife.
6. L is for lucky, the guy that I am, to have lovely you as my loving wife.
7. O is for overwhelmed me, amazed at how fortunate I am, having you by my side as my wife.
8. V is for very lucky me. I find you to be voluptuous and incredibly sexy.
9. E is for excited me. I am excited to be blessed to have you at my side every day for the rest of our lives!
10. I'm looking forward to the rest of our lives together.
11. Here's a math equation I thought you'd enjoy: $You + Me = Love$
12. I miss you when we're apart, and think of you constantly. My day is always brighter when we are together.
13. I love when I get to spend my day with you.
14. We did find each other in this big ole world. I'm so glad that we get to share this adventure with each other! I love you, my adventure buddy!
15. It is truly wonderful to go to sleep and wake up beside you daily!
16. My life is so much more exciting with you in it. The conversations we share, the dreams we see, the time spent together. Thanks!
17. You think of things that I don't and see things in ways that I miss. You make my life more full by adding to it. Thanks so much!
18. You push me to see the things that I look around or can't put my finger on. Thanks for helping me see my way!
19. Just letting you know that I'm thinking of you, always!

20. My greatest fear is of losing you. I don't know what I would do.
21. I just want to let you know that you are incredibly sexy and wonderful and you excite me very much!
22. There is nothing so exciting as getting to wake up next to my best friend every morning!
23. ... Except, of course, for that best friend being wonderful, exciting, loving, beautiful, sexy you!
24. I forgot what I was going to say... that happens when I'm talking to you, and end up being distracted by your beauty.
25. I was thinking about it and basically there's no way I deserve you and I love you; I'll do anything for you.
26. I don't know how I got so lucky to have you as my wife.
27. I am so lucky to have you in my life.
28. Recipe: "You + Me = Love"
29. Go old-school with this note - "Do I love you... Y or N, circle one" - but have the Y circled a lot, and the N crossed out
30. We've been together for ___ months.
31. We've been together for ___ weeks.
32. We've been together for ___ days.
33. We've been together for ___ hours.
34. "uoY evoL I" - mirror writing
35. Cut the note into puzzle shapes
36. I love you in Comanche - U kamakutu nu
(pronounced oo---ka-ma-koo-too----nu)
37. I love you in Esperanto - Mi amas vin
38. I love you in Elvish - Amin mela lle
39. I love you in Finnish - Mina rakastan sinua
40. I love you in Gaelic - Ta gra agam ort
41. I love you in French - Je t'aime, Je t'adore
42. I love you in Irish - Taim i' ngra leat
43. I love you in Italian - Ti amo
44. I love you in Latin - Te amo
45. I love you in Pig Latin - Iay ovlay ouyay
46. I love you in German - Ich liebe dich
47. Decoy note - Hide an easy note "This is not the real note. I love you!" Then hide a more in-depth note elsewhere.
48. Share a dream, hope, goal with your wife.
49. Explain how your wife is a part of that dream.
50. Love poem: You Win
It's crazy, but you're all I want and need;
You win; I'm yours forever; I concede.

-Joanna Fuchs

51. Compliment your wife on how she looks today.
52. Appreciatively comment on your favorite body part of hers.
53. Tell your wife how much you like everything about her body, even the parts that she doesn't like.
54. Tell her how sexy she looks in your favorite lingerie.
55. I just want to let you know that you are incredibly sexy and wonderful and you excite me very much!
56. Mention an inside joke that you two share.
57. Tell her how much you appreciate one of her traits.
58. If I had to do it all over again, I'd still choose you to be by my side.
59. Give her a sticky-note award: "Most beautiful woman."
60. or, "Best Wife Ever!"

THE ONLY MISTAKE YOU CAN MAKE

There's only one mistake that you can make when using this system. How's that for good news?

The only mistake that you can make is to not put the system to use.

This system is simple. It requires only a little time, and almost no money. The only reason that it wouldn't work is if you don't do it. Take those few moments each day to write a note to your wife and place it somewhere that she will find it. The benefits of these simple, routine actions will astound you.

It's easy to forget, or get too busy, to hide a note. I forgot yesterday, and my wife was quite disappointed. So I quickly wrote a note and stuck it underneath her pillow to find as she went to bed. That made her day! It will happen, you'll miss a day. Don't let that temporary lapse become a habit, however.

Like a brick-layer, you are building a mighty

structure. One brick (or note) doesn't seem all that important, and by itself it isn't. Taken as a whole, though, the results are amazing and long-lasting.

When you do miss a day, take that as a reminder how important these notes are (you'll be able to tell from your wife's response) and remember to have one ready for tomorrow.

BUILDING THE HABIT

To help ensure that you don't forget, here are a couple of ways to help build the daily habit.

1. *Set up reminders* – Find some way to remind yourself every day to write and place a note.

I check my email first thing every morning, so I use email as my reminder. I've set up Google calendar to send a daily reminder each morning. You can subscribe to it and receive daily reminder emails as well. Here is how you do that.

1. Sign up for a [Google calendar](#) account.

2. Sign in to account.
3. In the left column, click “Create”.
4. Now give your event a title, such as “Write sticky-note”.
5. Make sure the time is set to early morning (3:00 am works well)
6. Check the “Repeat” box and a dialog box will pop up.
7. Set it to repeat daily, ends “Never”, and press Done.
8. Scroll down and ensure that you are set to receive an email notification 30 minutes before the event.
9. Return to the top of the page and hit save.

That's it! You can close out Google calendar and never return to it again. Now all you have to do is act on the daily email reminder that will automatically be sent to you.

2. *Make it a habitual part of your schedule*
The whole point of the daily email from above is to help make note-writing a habit. You can do this in other ways, however, by inserting the note-writing

into your existing routine.

- Set your pen and sticky-note pad next to the coffee maker. Each morning when you get your coffee, write the note.
- Place your sticky-note pad on your dresser, so that when you put your keys into your pockets, you will be reminded to write the note.
- Keep the sticky-note pad with your cell phone at night, so that first thing in the morning you are prompted to write the note.
- Find some other place to put the sticky-note pad that will remind you to write that day's note.

YOUR OWN STICKY-NOTE IDEAS

One of the main challenges of the Sticky-Note Love System is coming up with new ideas for your sticky notes. You can easily fall back on the 60 ideas that I've give you, but then you risk becoming bored with the daily writing process and your wife might not find them as exciting.

While I could give you more note ideas, I feel that it is more important for me to provide you with a method for coming up with your own. Most of the notes that I write for my wife wouldn't mean anything to anyone else; they're full of inside jokes and are based on events in our lives. Because of this they mean more to my wife, which helps to strengthen our relationship.

This is the core of the sticky-note love system.

The whole point of the daily note is to show that you put thought and effort into something special just for your wife. By writing notes that are based on the life that you two share, this care will clearly show.

The method that I use to write daily notes:

Each morning, when I write my note, I ask myself a few simple questions about yesterday:

- What did we talk about?
- What did we do together?
- What did I notice that she did?
- What did I do for her?

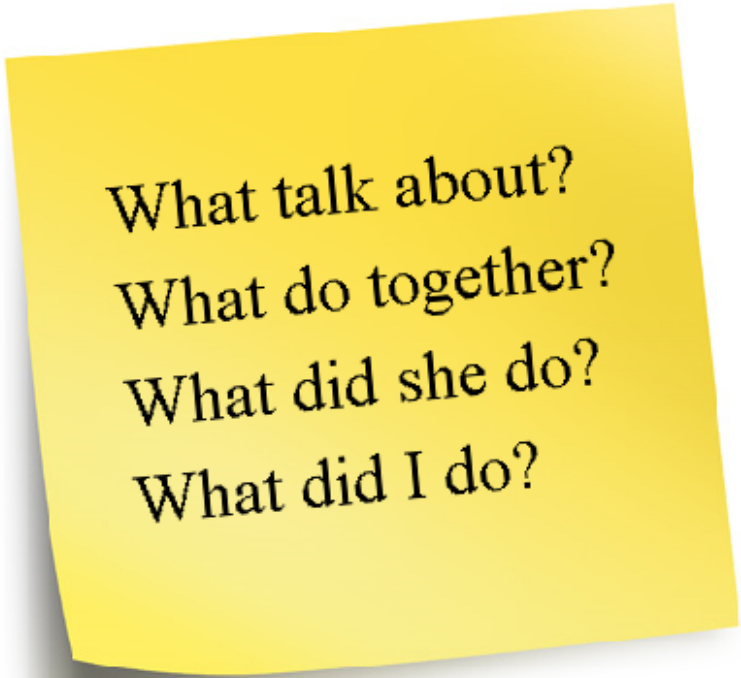
I then take these ideas and choose one to focus on. It only takes a few words to let my wife know what I am referencing, and a few more to show that I am paying attention to our lives. My note might:

- Simply recognize that I am thinking about the conversation further, or that I was truly paying attention in the first place.
- Mention that I enjoyed our time spent together.
- Tell her that I appreciate what she does for me, or that I noticed things she does for others or even herself.
- Indicate that I enjoy doing things for her.

HIDING YOUR NOTES

As with all of the note ideas I've given, these don't require a lot of time or effort, just a few moments of thought and conscious effort. By asking yourself similar questions while writing your notes, you will be able to have a never-ending source of note material. After a short time, these questions will become automatic. Until then, write them on your sticky-note pad as a reminder.

Now that you've got your notes written, what are you going to do with them? I have mentioned that you can hide your notes in different places each day in order to provide some variation. It can be a challenge to not simply hide them in the same few places over and over.



What talk about?
What do together?
What did she do?
What did I do?

(Leaving your notes in the same place all the time is not a bad thing. It is perfectly fine for you to pick a place and leave your note there each day. However, making it into a surprise can add a bit of excitement for your wife.)

Here are some places that I have hidden notes for my wife.

Places to hide notes:

- kitchen
 - fridge (by/under something you know she will eat or drink)
 - coffee maker
 - in cabinet with mug or glasses
- lunchbox
- purse
- wallet
- bathroom
 - on mirror
 - inside shower (be sure to put it somewhere that it won't get wet)
- in car
 - on seat
 - on steering wheel
- on computer
 - on monitor
 - inside laptop (if closed)
 - on back of laptop (if open)
- bedroom
 - on pillow
 - under pillow
 - in dresser drawer
- closet
 - on shoulders of hanging clothes
 - laying on top of shoes
- in book she's reading, a page ahead of the bookmark
- at her place on dining room table
- leaning up against vase of flowers you're surprising her with

CLOSING REMARKS

Now it's up to you. What will you do with what you've read?

Many people will probably read through this information, learn about this system, and shrug it off as too simple to work. But it only works because of its simplicity. Will you be one of these people?

Or will you put the Sticky-Note system to work and improve your love life?

If you're still skeptical, just give it a try. Sit down, write out 30 days worth of sticky-notes, and give your wife one each day. If after 30 days she doesn't like it, you can stop.

Thanks again for taking the time to learn about the Sticky-Note System. It's a really busy world out there, and simple systems sometimes have to struggle to be heard. I'm tremendously grateful.

Go improve your relationship!

Matthew