



**What is Love Week?** Love Week is a tradition in which you spend the whole week (typically the one leading up to Valentine’s Day) spreading love with another “Human.” Love Week is about caring, connecting and loving each other! After all, why shouldn’t the place where we spend the majority of our waking hours be filled with more connection, joy, and happiness? When you give love, you create more love. When we love and feel loved, we are happy and when we’re happy we’re in our most *productive and creative state*. How cool!

### Step 1: Survey

Define your love language by rating the following from 1-4 with 4 being the strongest and 1 being the weakest:

- \_\_\_ Words
- \_\_\_ Services
- \_\_\_ Quality time
- \_\_\_ Gifts

### Step 2: Collect Answers

Collect answers for each person using the surveys included with this packet. 1 survey per person.

### Step 3: Assign one “Secret Angel” to one “Human”

Draw a name from a hat, this will be your Human—do not reveal your Human to anyone else.

### Step 4: Get Creative

Based on your human’s love language, think of a “gift” for each day of the week that you can give them out of love.

### Step 5: Spread Love Week

Post photos of your Secret Angel gifts on social media using **#SpreadLoveWeek**.

### Step 6: The Big Reveal

At the end of the week, one by one, reveal your Human by giving them their final gift/note/gesture.

## • LOVE WEEK TIPS •

1. You don't have to spend lavish amounts to show your Human love and appreciation! It's always the thought and effort that count. Surprise them with their favorite coffee or decorate their desk. Send them a nice letter or a gift card for lunch.
2. While you can be generous and spend on gifts, Love Week doesn't require cash! Create a Spotify playlist, send them empowering quotes, set up a temporary Tumblr account dedicated to them or create a customized Pinterest board of their goals and interests.
3. Collaborate with other Secret Angels! Send another person to serenade, deliver a note, or recite an embarrassing poem on your behalf.
4. Can't get your entire company to participate in Love Week? Do it just within your department or with your team.
5. Bring Love Week to your community, family or a society/club that you're part of. Love Week isn't just for companies and even can be done virtually! Just get creative and innovate.
6. Turn Love Week into your own personal campaign! Perform random acts of kindness to a stranger, volunteer in your community or even show the environment some love and plant a tree.
7. Be your own Secret Angel and make Love Week a week of self-love and appreciation for yourself – head to the spa, take an hour off to golf or treat yourself to that must-have that you've been eyeing for a while now.
8. Remember to share photos of your Love Week experience on Facebook, Instagram and Twitter all week long using the hashtag **#SpreadLoveWeek**.

## • LOVE LANGUAGES •

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate and listen actively.	Send an unexpected note, email, or card.
 RECEIVING GIFTS	Thoughtfulness, make your Human a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.
 QUALITY TIME	Uninterrupted and focused conversations. Active listening is important.	Take walks or do small things with your Human.
 ACTS OF SERVICE	Let them know you are wanting to help, to lighten their load.	Make them breakfast or a snack. Go out of your way to help.

Credit for Idea: Mindvalley: [www.mindvalley.com](http://www.mindvalley.com), [www.mindvalleyacademy.com](http://www.mindvalleyacademy.com)



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To:

From: Secret Angel



#SPREADLOVEWEEK

To:

From: Secret Angel



#SPREADLOVEWEEK

To:

From: Secret Angel



#SPREADLOVEWEEK

To:

From: Secret Angel



#SPREADLOVEWEEK

To:

From: Secret Angel



#SPREADLOVEWEEK