

JANUARY

TRADING PLACES –

Pick a few days or even a whole week where the person who usually does the cooking gets a break. This might be a good time to get creative with your cooking skills. No fair ordering out ! Cooking with wine and beer can add some delicious new flavor. Check bookstores, or the internet for recipes.

HABITS –

Decide on a weekend where you change your sleeping habits. If you usually sleep in, get up early, if you normally get up early, stay in bed longer if possible. If you can't sleep, find something else to do in bed. (It's a good place to burn some calories too)

DISCUSSION –

If you haven't failed, you haven't done enough with your life. Discuss your past failures, what you've learned from them, and how they have helped you. Be honest. Everyone has a history, and everyone makes bad choices once in awhile. Failed relationships count in this exercise. Understand the importance of forgiveness.

ACTIVITY –

This is the month you decide to eat several meals you ordinarily wouldn't. Try different foods. Either partner may chose. Try to think of something you haven't tried for a long time. Your taste's can change you know

INTIMACY –

This is massage month for both of you. Just the head, just the feet, and the ever popular full-body massage. Scented oil is encouraged. Remember, slower is better, and longer is best. Warm the oil, dim the lights, put on some music and enjoy each other.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1752 Betsy Ross NEW YEARS DAY <i>Federal Holiday</i>	2 1968 Cuba Gooding Jr.
3 1956 Mel Gibson	4 1809 Louis Braille	5 1969 Marilyn Manson	6 1912 Danny Thomas	7 1964 Nicholas Cage	8 1935 Elvis Presley	9 1935 Bob Denver
10 1945 Rod Stewart	11 1946 Namoi Judd	12 1954 Howard Stern	13 1961 Julia Louise - Dreyfus	14 1968 LL Cool J	15 1913 Lloyd Bridges	16 1979 Aaliyah
17 1962 Jim Carrey	18 1955 Kevin Costner MARTIN LUTHER KING DAY <i>Federal Holiday</i>	19 1949 Robert Palmer	20 1946 David Lynch	21 1940 Jack Nicklaus	22 1959 Linda Blaire	23 1947 Dr. Laura
24 1949 John Belushi 31 1981 Justin Timberlake	25 1882 Virginia Wolf	26 1961 Wayne Gretzky	27 1964 Bridget Fonda	28 1936 Alan Alda	29 1880 W.C. Fields	30 1951 Phil Collins

MAY

TRADING PLACES –

Sometimes one person is “sentenced” to pay the monthly bills. Have the other partner do it. They may need some guidance, so be cooperative. The other person will gain a more practical understanding of what your financial situation is, and where the money is going.

HABITS –

Weekends can sometimes become habit forming. If you are usually very busy on the weekends, take some time and relax. If you usually waste a lot of time, try doing something productive. It would be nice if weekends would start on Thursday and end on Tuesday, but that’s not the way it is. Learn to use this time wisely, it’s valuable.

DISCUSSION –

Discuss your past, your childhood, and how you think past events and circumstances influenced who you are today and why. Do you want to make any changes? How can you best set an example to influence the “little ones” in your life?

ACTIVITY –

Spend some time alone this month. Not with your mate, any relatives, or friends. Think about what you like and dislike. Think about what you want out of life. It will help remind yourself who you really are. Attempt to look at yourself and your life from several other perspectives. This is not an easy thing to do, but give it a try.

INTIMACY –

Sexual positions can sometimes become habit forming. Don’t fall in to that “same old thing” rut. Try new positions this month. You can find plenty of suggestions in books, videos, and on the internet. A game of naked Twister might give you some ideas.

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 1918 Jack Paar
2 1903 Dr. Benjamin Spock	3 1933 James Brown	4 1918 Heloise <i>TEACHERS DAY</i>	5 1818 Carl Marx	6 1856 Sigmond Freud	7 1901 Gary Cooper	8 1926 Don Rickles
9 1949 Billy Joel <i>MOTHERS DAY</i>	10 1957 Sid Viciouss	11 1888 Irving Berlin	12 1937 George Carlin	13 1961 Dennis Rodman	14 1944 George Lucas	15 1969 Emmit Smith
16 1986 Megan Fox	17 1936 Dennis Hopper	18 1970 Tina Fey	19 1925 Malcolm X	20 1944 Joe Cocker	21 1952 Mr. T	22 1940 Naomi Campbell
23 1958 Drew Cary	24 1941 Bob Dylan	25 1963 Mike Myers	26 1907 John Wayne	27 1911 Vincent Price	28 1908 Ian Fleming	29 1917 John Kennedy
30 1964 Wynonna Judd	31 <i>MEMORIAL DAY</i> <i>Federal Holiday</i>					