Sweet & Spicy Suggestions by Sofia

Sweet & Spicy Suggestions are a fast, fun and easy way to share your thoughts with your loved one. In today's fast-paced, demanding world, it can be difficult for couples to sweetly share sincere gratitude or whisper spicy suggestions.

My hope is that these suggestive love notes are a catalyst for you to communicate more often and more effectively with your mate, so that your relationship is as sweet and spicy as you both desire. Every day is a great day to show your special someone s/he is #1!

Suggestions for use:

1. Print and cut out the love notes and/or save them on your phone as a source for texts
2. Choose the *love note* that most closely reflects what you wish to communicate. If you are on the shy side, start with suggestions that are a bit more tame. You can increase your spice level over time.
3. Leave it where your loved one, and no one else, is sure to find it. If it requests a response, leave a pen with it.
4. If s/he responds, accept the answer with gratitude. Now you are not expected to read his/her mind! What a relief!
5. If you promised something, make following-through a priority. Happiness with your relationship is SO important!

Join the Relationship Revolution on Facebook & Twitter @ SofiaMilanBooks! I would love to hear from you!

- Share your favorite sweet and spicy messages!
- Suggest additional messages for our next release!
- Post a photo of a completed coupon to show everyone how it's done!
- Share a happy photo of you and your mate with a coupon that worked!

With love,
Sofia Milan XOXO
www.SofiaMilanBooks.com
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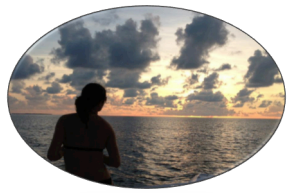

Next time we see each other, I want to kiss your

_____

(fill in one of your mate's sexy body parts)

You've been working so hard _____ ,

(insert pet name)

So, give this back to me, if you'd like a massage.
I love to touch your body and see you relaxed.

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I miss us. Let's plan for some alone time!
Where do you want to go? I was thinking…

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I was thinking of the first time we met, and how I thought you were so…

Last night was awesome!
You are AMAZING.
I expect to have flashbacks and difficulty concentrating all day!

Sweetheart, could you please help me with …

I would really appreciate it!
(Then can we have sex after?)

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It turns me on when you…

Could you do that again sometime soon?

Circle one: YES NO MAYBE

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If you want some lovin' tonight, come to bed by _____
(time)

Hope to see you there! XOXO

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I know that going to _____with me is not something you are looking forward to. So, since I expect that you will show everyone how lucky I am that you are with me, it will turn me on and I will want to show you some gratitude! If so, would you like it if I….

Circle one: YES MAYBE Alternative idea involving skin:

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I know that we are struggling right now. Would you be willing to hit "pause" and pretend like we were the happy couple we were and go have fun together? I think it will help me to reconnect with the amazing person I fell in love with, and I'd love to see you smile!
Check all that apply:

☐ GREAT IDEA! Can't Wait!

☐ MAYBE. I'm concerned about…

☐ How about this instead…

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I miss cuddling on the couch with you.
It feels SO good! What can we do about this?

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You've been working a lot lately, I/we miss you! How about a day trip on _____ to _____?
(day) (place)

Or name some other day/place that you prefer…

I want to see you smile! We deserve a fun escape!

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I know that you have a lot on your mind. So this is just a friendly reminder, sweetheart, that today you promised you would:

Thank you! I appreciate it! XOXO

I'd be so grateful if you could take _____
(person)
from_____to_____
(pick-up place) (drop off place)
on_____at _____
(day) (time)
Is it possible? Circle one: YES NO, but def next time!
And in return, what can I do for you?

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I'm sorry. I will try hard not to...

ever again.

Please be patient with me as I practice this.

Sweet & Spicy Suggestions by Sofia

I was thinking about our first date. Could we recreate it by:

And then can we have sex afterwards?

Circle one: YES NO Alternative idea:

I'd like for us to make love

_____
(location).
Any chance that could happen sometime soon?
Check all that apply:

☐ GREAT IDEA! Can't Wait!

☐ MAYBE. I'm concerned about...

☐ How about here instead...

I miss your naked body so much that I am losing my mind. What can we do about this?

Let's plan some alone time for _____
(place/time)

Your alternative idea (I'm all ears!)...

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