

Romancing The Roost...From The Office

9 tips to keep love burning when your job leaves little time for romance:

- 1 Love the one you're with.** Don't be fooled into thinking that your gorgeous or handsome co-worker would be more exciting than your spouse/partner/significant other. Close your wandering eyes and spend the same mental energy focusing on how you can bring more lust into your present relationship.
- 2 Take a 15-minute break to call your special someone just to share a few good laughs.** Allot some time each day to call your mate and have a fun, light-hearted conversation. Complaining about bills, money, children, chores, the list of things that need to be fixed around the house, etc., is off-limits.
- 3 Use e-mail and text messaging to collaborate schedule basics and also build-in "together" time.** Coordinating schedules by e-mail and texting for mundane things like doctor appointments, home fix-it people, the exterminator, kids' carpools, etc., frees up space for "quality" conversation when you are together. Additionally, block out "appointments" to be with each other.
- 4 Make the homecoming irresistible.** When you get home at the end of the work day, do you set down your keys and briefcase, and rush to start your honey-do's? Do you immediately set up your computer to check your emails and finish office leftovers? Do you hurry to see what came in the mail? Stop the madness! Embrace your loved one with a 30-second hug. You will be amazed by how well a meaningful hug melts away the stress and fatigue of the day.
- 5 Plan now to do the one thing both of you keep saying you want to do together.** Saying "Honey, we should do thus-and-so" when you're in bed and falling asleep does nothing to enhance your relationship. Get off your fanny, make definite plans to do it, and do it!
- 6 Be prepared for those rare moments when "free" time arises.** When you find yourself together at last, your next thought may be "Now what do we do?" Couples typically share casual suggestions day to day, such as the desire to try new restaurants, go see particular movies, or take one-day trips to interesting locales, but, when put on the spot, neither person can recall these ideas. To prevent this brain cramp, jot these ideas in your phone's notepad, keep tablets of paper handy around your home, etc., and write down these ideas when they cross your mind. Then, when opportunity presents itself, you'll have a ready list of fun options.
- 7 Send humorous or romantic cards to the office.** Buy a funny or sentimental card, sign it with a special personal message, and mail it to your mate's business address (assuming no one else reads or scans the mail). Write and mail a thank-you note for a sizzling evening the night before (or to suggest a sizzling evening). Gestures like these show you care even though you're not in each other's presence. If he/she travels a lot, hide cards in their suitcase.
- 8 Tuck a love note in his pocket, her pocketbook, or briefcase.** Surprise! Jot down a few words on a piece of paper, i.e., "Can't wait to wrap my arms around you tonight"; "What's for dessert?"; "You make me so very happy," and fold it up and tuck it in a place certain to be discovered during the day.
- 9 Establish a tradition to jointly celebrate the end of the work week.** Identify something you both enjoy doing and make it a date for the close of business on Friday (or the most convenient day of the week for both of you). Treat it as you would an important business meeting. Make it a top priority, and barring an emergency, don't let anything interfere. Examples: Meet up for lattes at a gourmet coffee shop, workout out the gym, enroll in a cooking class.