

Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day



By Molly Jacob and Jennifer Ross

Now that the beautiful romance of Valentine's Day has passed, you may think it's time to return to ordinary life. Even though it's technically no longer the season of relationships and love, that doesn't mean your love ends! For the rest of the year, spread your love continuously, especially in your relationship. Not sure how to do that?

Cupid has some relationship advice for how to keep the spark in your relationship all year long!

1. Express your feelings: One of the best parts about this day of love is when you take the time to tell your partner how you really feel. Who says you can't do so all year long? While your significant other of course knows that you love him or her, sometimes we all need a little validation. Just by saying, "I love you," in the most unexpected moments, such as when they're eating dinner or brushing their teeth, has a lot of meaning.

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2. Send love notes: Valentine's Day cards are wonderful ways of expressing your feelings about relationships and love on paper, so why not keep those going throughout the year? Just slip a note somewhere sure to be noticed later by your sweetheart. Many card stores have all sorts of blank cards or customizable stationary for you to send your message. If you can't write like the greeting card writers can, don't fret! You can steal great quotes from your favorite songwriter or poet, as long as you give credit where credit is due.

3. Go on romantic dates: Think about how much fun you had sharing a lovely meal with your significant other out on the town on the 14th and plan something like that again. You might have spent a pretty penny this Valentine's Day, but don't think you have to do so on every date. Think a quiet afternoon at a cafe or lunch at your partner's favorite pizza joint. The key here is to appreciating each other in public and sharing a delicious meal, too.

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4. Make an appointment: We often get so caught up in our busy lives that we take alone time with our loved one for granted. Just how Valentine's Day is a day of the year that you devote to your partner, create a specific time each day that you plan to spend with him or her. This can be a time that you talk about your day, discuss your relationship and love, or just do something together, such as make dinner. This sacred, alone time can strengthen the intimacy in your relationship.

5. Seek advice: If your Valentine's Day date was a complete flop, don't let that stop you and your partner from fighting to keep the love alive. Sometimes life's hardships can distract you from focusing on the love and goodness in your relationship. Seek advice from other couples that have stayed together and passed the test of time. They are full of valuable relationship advice about keeping the spark in your relationship, even after years of being together.

How do you keep the spark in your relationship after Valentine's Day? Share with us below.