Message Idea for Woman to Send Their Partner.

Subject: *Something I want us to try together.*

Hey,

I know I don't usually write notes like this, but I read something today that made me stop and think.

We both spend a lot of time trying to take care of our health, our responsibilities, and everything else. But it made me realize that sometimes, we forget to take care of each other.

And honestly, I realized it's been a long time since I set aside time to focus completely on your needs.

We're always busy. There's always something that needs to get done. We've gone a long time without slowing down and simply enjoying each other.

I came across something called the hi® 3-Step Program, and what caught my attention was the idea behind it.

Part of the program encourages couples to create a simple ritual where one day I give you a massage, however you'd like it, and another day you do the same for me. Just a little time set aside to help each other relax, unwind, and feel cared for.

The goal isn't therapy or fixing anything. It's simply creating a habit of taking care of one another in a way that often gets lost in everyday life.

The program was created by a husband-and-wife team who spent years working with thousands of couples and studying stress, recovery, relaxation, and connection. Their belief is that small, consistent acts of caring can make a bigger difference than most people realize.

I'd love for us to try it together a few times and see what we think.

No pressure. No expectations. Just an experiment.

And if it doesn't feel like it's for us, that's okay. But if it helps us relax a little more, sleep a little better, and spend some quality time together, I think it's worth trying.

Mostly, it reminded me of something important:

I want to do a better job of taking care of you.

I love you, and I appreciate everything you do for us.

Love,

[Your Name]