



# A Moment for Us

Care for Busy Couples

101 free ways  
for couples to enjoy  
more love, caring,  
and togetherness  
in 30 seconds

Alice Langholt, MJS

ALICE LANGHOLT

# A Moment for Us

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101 free ways for couples  
to enjoy more love,  
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in 30 seconds.

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Edited by Rayna Langholt

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## DEDICATION

I dedicate this book to the person who introduced me to real love, and who helps me learn more about it every day of my life – my husband, Evan. Thank you for loving me, and for being my partner on this incredible journey.

## HOW TO USE THIS BOOK

You will need 30 seconds. That's all.

Start at the beginning, or turn to a random page. Each page has a title, a benefit, and simple directions. Read and complete the task on the page.

Or, if you know that you are in the mood for a communication-enhancing, self-reflective, or time-together-oriented task, use the Index at the back of the book to choose one that fits your interest.

Doing the tasks in this book will give you and your partner a chance to learn about each other, grow closer, express appreciation, have better communication, and value each other in new and meaningful ways.

People are busy. Working on the relationship can take a back seat to a full schedule. This book will help you strengthen your bond in just 30 seconds, whenever you want. And, it works.

These 30 second tasks will bring about benefits which last far longer. *A Moment for Us* will help if you use it alone to improve your part in the relationship, or if you and your partner each try the tasks inside.

**Feel good about this 30 second time.** Just trying the tasks in this book means that you want to have a stronger relationship, even if your time is severely limited. That intention is all you need to get started.

Take a 30 second Moment for Us. Let these moments help you and your partner nurture a strong, loving relationship.

Just for Today

Make sure to say, "I love you"  
to your partner today.

## Love Goals

Couples can become closer when they have goals for the relationship.

Separately, write 3 things you would like to improve in your relationship.

Then, share and discuss steps to meet these goals.

Doing this will help you understand your partner's needs, and allow you to share yours too.

Make an effort to work towards your goals.

## Ask Yourself

Sit quietly, breathe for 10 seconds, and ask yourself:

What can I do to make today special for my partner?

When the idea comes to you, do it!



## Conversation Starters

Sharing something new together increases bonding. Do this task together with your partner.

For the next 30 seconds, take turns answering this question:

What helps me relax the most?

## Wisdom Break

Access and express some of your accumulated wisdom. Surprise! You're wise!

In a notebook, write your answers to:

3 things I've learned about  
how I like to receive love.

Share your answers with your partner, or just reflect on them.

Whisper, "I love you."

There is something sensual about  
whispering in your partner's ear.

Kiss your partner's ear and whisper,  
"I love you."

Say, "Thank You."

Feeling appreciated goes a long way in keeping couples together.

Think of something about your partner for which you feel sincerely grateful.

Tell him or her what it is.

## Open to More Love

Love begins from within and affects all who you encounter.

Try this for the next 30 seconds:

1. Put both hands on the center of your chest.
2. Close your eyes.
3. Breathe slowly, feeling your heart energy warm your whole being and radiate outward.
4. Envision a bright light shining from your heart, filling your body and extending outward to the world.

Notice how your interactions feel today.

## Send a Loving Text

Reestablish a loving bond when you and your partner are away from each other.

Send a text message to your partner at a random time during the day today.

Say, "You're awesome!" or, "I'm thinking of you," or, "I love you." (Or choose a different endearment.)

Doing this will brighten the day for both of you.

## Make Eye Contact

Often, we get caught up in our day-to-day "stuff", and forget to really give attention to each other.

Acknowledge each other now by looking into each other's eyes for a full 30 seconds.

Don't try to send any messages or do anything more than that. If you want to laugh, laugh. If you want to smile, smile. Enjoy giving and receiving attention.

The eyes are the windows to the soul.

Did you like this excerpt?

Order the full book of *A Moment for Us* at [AMoment4Me.com](http://AMoment4Me.com) or on Amazon.

Check out our other A Moment for Me products and books at [AMoment4Me.com](http://AMoment4Me.com)

Contact Author Alice Langholt at [Alice@Amoment4me.com](mailto:Alice@Amoment4me.com)

Alice is available for book signings, or to speak on 30-second self-care. Contact her at the email address above for booking information.



## A MOMENT FOR US

### ABOUT THE AUTHOR

Alice Langholt is a Reiki Master Teacher, the Executive Director of Reiki Awakening Academy School of Intuitive Development ([ReikiAwakeningAcademy.com](http://ReikiAwakeningAcademy.com)), and the founder of Practical Reiki, a strong, simple Reiki energy healing method.

Alice is the author of the award-winning book, *Practical Reiki for balance, well-being, and vibrant health, A guide to a strong, revolutionary energy healing method*, and *The Practical Reiki Companion* workbook, as well as a deck of cards, Energy Healing Cards, (also published as an app for Android and iOS devices). Alice also authored the *A Moment for Me 365 Day Self Care Calendar for Busy People*, and *A Moment for Mom* ([AMoment4Me.com](http://AMoment4Me.com)).

She's passionate about finding and teaching simple approaches to strengthening intuition and achieving holistic balance.

Alice lives with her husband and their four children in Gaithersburg, Maryland.

She teaches Practical Reiki and other holistic topics, and offers workshops on 30 second methods of self-care online and in the Washington, DC area.



Contact Alice by email at [Alice@AMoment4Me.com](mailto:Alice@AMoment4Me.com).

# Praise for *A Moment for Us*:

*A Moment for Us* is a must read for all couples no matter if they have been together for a year or fifty. In my marriage of eighteen years, I do some of the tips but it opened up my mind to so much more. The exercises made me feel good just reading them. Who doesn't want to create more love? I can't wait to implement these with my hubby. This is a great gift to give newlyweds so they create a great foundation. If you are looking to deepen your own relationship, buy one for yourself and then one for all your friends.  
-Jenny G. Perry, author, *Sexpot with Stretch Marks*

In today's digital and fast-paced world, it has become increasingly challenging for couples to stay connected. In her 30 seconds per page read, Alice's "how to" book provides 101 easy, fun and practical answers to help couples maintain their connection and nurture their love. Alice also empowers couples to shift their attitude from "What can my partner do for me?" to "What can I do for the relationship?" This is a clever book everyone in a committed relationship should own.  
-Kareen Caputo LISW-LICDC, Mindful Relating, LLC

Alice Langholt's *A Moment for Us* provides the modern couple with an "owners manual" for growing their relationship. Through quick and effective exercises, she helps couples find that valuable time every day to strengthen their bond and improve their marriage. I'd like to see this book issued with every marriage license.  
-Vatican Lokey, New Orleans actor and theatrical producer,  
[www.about.me/VaticanLokey](http://www.about.me/VaticanLokey)

Alice's book, *A Moment for Us*, is a wonderful work designed to help the busy or slightly disconnected couple rekindle the fire of caring passion for each other and for living. With quick and easy, but very insightful ideas, within a minute each day we can turn around dwindling attention and express affection. Thanks, Alice, for this great moment of insight. I highly recommend it for anyone in a long-term relationship. -Stephen Whiteley, author of Inspirational Book of the Year winner, *Happiness Works! Get Yours Here!*, who specializes in ending unhappiness - for good.

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at [AMoment4Me.com](http://AMoment4Me.com)