



## Core 4 – Balance Deposit Examples

Here are some examples of daily deposits. They are intended to spark ideas, NOT to be used word for word. Use them as inspiration, but don't just copy. Make your deposits your own. If they're not genuine, they won't do anything for your relationship.

**Tip:** Your messages don't need to be long and verbose. Sometimes short and sweet is best.

**Tip:** Sending a quick video adds a lot of context like facial expression and tone of voice.

**Tip:** Don't be alarmed if you get a strange response or no response at all. This is not something people expect and they may question your motivation at first. Just keep sending with no expectations except to show your love and appreciation.

### MESSAGES TO YOUR SPOUSE

- Hey babe, I'm really glad to be working on our relationship together. Love you!
- So glad to be here on vacation with you. I'm grateful you're my husband. 🥰
- Hey babe, Have a great day today! Love you so much!
- Hey babe, good morning. I'm glad we got to spend time together last night. Thanks for supporting me going early in the mornings. I really appreciate it. Love you! ❤️
- Your employees are really lucky to have you as a boss. Keep up the good work!
- Love you my dear! Thanks so much for being supportive of my work. I know it's a lot to deal with when I travel.
- I'm glad we got to spend time together last night. I really like you. And I like to spend time with you.
- Hey babe, I miss you 😞 I wish you were here!
- Good morning my dear. You are a very generous person. I love that about you. Have a great day! ❤️
- I really enjoyed our conversation last night. I felt like we were able to connect a bit. I'm looking forward to more of that today. Love you babe! ❤️
- Hey babe, I'm really looking forward to hanging out with you tonight. Love you dear! 🥰
- Thanks for all you do. I love you my dear. You are a very unique person. There is no one in the world quite like you 🥰
- I'm excited to be going away with our family this weekend 🥰

- I'm really proud of you for continuing to work hard on improving your energy. Keep pushing - we'll figure it out together. Love you! ❤️
- I enjoy cuddling with you. I have a hockey game tonight, but after that we should cuddle together on the couch. Love you! Yay! It's Friday!
- Good morning dear. I know you were having a hard time last night. I hope today looks a little brighter. ❤️
- Hey babe, you are looking really young today. You look good 🥰❤️
- Good morning babe, I enjoyed spending time with you last night. Thanks for being you. You have so much to offer the world. Love you!
- Thanks for all you do and for who you are. I love you! 🥰
- Good morning my dear. I'm really looking forward to our date tonight. Love you!
- Thanks for being exactly who you are. You don't have to be anything other than exactly who you are each day for me to love you.
- Thank you for loving me even when I try really hard to break it. I'm grateful for you.
- I believe in you.

### MESSAGES TO YOUR KIDS

- I love how organized you are. You are a great big sister!
- Thank you for your help. I know it is a stressful time for all of us, and we will get through it together by being a team!
- You're a great girl. You have so many talents and are sweet and caring. Don't ever change! Be you!!! You are worthy. I love you xoxo - mom
- You're such a hard worker. I love how seriously you're taking school despite the fact that it's the most difficult year with COVID. It's really hard and you're doing an amazing job! Be proud of yourself and keep on going.
- I'm always here if you need anything. I love you!
- I hope your first day of the new trimester went ok. You can do it! I believe in you
- I'm proud of how you're doing with distance learning. It's hard and you are doing a great job. I knew you could put your best effort forward.
- Good morning! Hope you have a good day at school. Love you!
- You're a great kid. You have so many good ideas. I love the way you think.
- You're such a good friend to Aleah. She's lucky to have you.
- I love how you find so much joy in life. Don't ever stop singing.
- Mom and Dad love you and we're always here for you. There is nothing you could ever do that would make us stop loving you.
- I love how when you are determined to do something you don't give up. Even when it gets hard. Great job!
- I'm proud of you. Just because. I love you.
- You have a special bond with your sister that no one can ever take away. I love how you play with each other.
- You have such unique ideas. I like the way you think.
- You make me laugh. I love hearing your jokes.

- I like the way you watch out for your sisters. You're such a good big brother.
- Thank you for picking up your toys. I love how you contribute to our family as a team.
- You are so special to me. There is no other kid like you in the world!