

## **Date Guide**

(Print this out and take it on your date!)

### **Healthy Individuals.**

**Step 1: Go someplace *different* for dinner.**

**Step 2: Open a window into your world.**

- Take turns talking about the things that rejuvenate you personally, spiritually, and emotionally. If possible, engage in an activity together (one activity for each spouse) that helps you achieve that.

**Step 3: Relax and unwind. *Ready to answer a few questions?***

- What was your favorite part of the evening?
- What is the one thing you learned tonight that you didn't know about me before?
- How can I help facilitate your own growth as an individual—spiritually? Emotionally? Physically? Professionally? How can I encourage you and give you the freedom to pursue your own personal growth?

**Step 5: Home sweet home. *Let's plan our next date!***

- Think about additional ways you can help spur one another's personal growth in the days ahead—and consider how that can, in turn, strengthen your marriage.