

## Date Guide

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

### We're in it for the long haul!

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

**Step 2: Pick a date night activity that requires *commitment*.**

- Go on a long hike or find another challenging activity that you can work together on completing.
- Try something you've never tried before, even if it seems hard, and see it through to its completion.

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

- What was your favorite part of the evening?
- What was one thing you learned about me tonight that you didn't know before?
- What are some of the benefits that came from staying *committed* to this evening's activity and working *together* to complete it?

**Step 4: Home sweet home. *Let's plan our next date!***

- Talk about additional ways you can express your lifelong commitment to one another in the coming week.