

## **Date Guide**

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

### **Sharing the load.**

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

**Step 2: Playing to your strengths.**

- Find an activity that you both enjoy and at which you're both reasonably adept, such as bowling, jogging, or cooking. Set a goal for that activity and then work as a team to achieve it.

**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?
- Talk about your spousal "roles" and responsibilities. Discuss how each of you might use your unique gifts and talents to serve the other and to strengthen your marriage by functioning as a *team*.
- What are some other ways we can work as a team and share responsibilities in the days and weeks ahead?

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

- Talk about additional ways you can work together to foster a healthy, team-like relationship in your marriage.