

Date Guide

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

Remembering the Past

[Prior to your date, spend time making a list of five things that you appreciate about your spouse, and be sure to take it with you on your date.]

Step 1: Go someplace *different* for dinner.

Step 2: Do something that stirs up old memories.

- Visit an “old haunt”—or at least a venue that reminds you of a place you frequented early in your relationship.
- Re-create your first date.

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

- Take out your lists and share with your spouse the five things you appreciate about him or her—and the memories associated with them. Then ask one another the following:
- What was your favorite part of the evening?
- What is the one thing you learned tonight that you didn’t know about me before?
- What are some of our favorite things we used to do as a couple? Can we start doing some of those again, even with the realities of our busier lifestyle?

Step 4: Home Sweet Home. *Let’s plan our next date!*

Think about ways you can build special memories together in the days ahead.