

Date Guide

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

Back to the Future

Step 1: Go someplace *different* for dinner.

Step 2: Do something goal-oriented.

Engage in a fun activity that requires you, as a couple, to work toward a specific goal. For example:

- Take a pottery class and create a decorative masterpiece for your home
- Cook a gourmet meal together
- Put together a puzzle and then have it laminated and framed to commemorate your achievement
- Try an indoor obstacle course

Step 3: Relax and unwind. *Ready for 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?
- We tackled a short-term goal tonight. How can we use those principles to pursue some of our long-term goals and dreams for our marriage and family?

Step 5: Home Sweet Home

Think about other ways you can foster intimacy by “dreaming big” together and working toward the same goals.