

GREAT DATES CONNECT™

4 GREAT DATES

GETTING STARTED

Welcome to your 4 Great Dates! Get ready to relax and focus on each other, but first a little planning and prep is in order. Decide where you want to go on your date. Choose a location you both like. If you have kids, make arrangements for them. Spend a few minutes thinking about your partner and visualizing the fun you're going to have together. Get excited! It's going to be a "great date!"

SMART TIPS FOR YOUR GREAT DATES

- Stay positive. This is a great date!
- Talk about your relationship (not your kids, job or mother-in-law!)
- Be future focused. Don't bring up past issues.
- If you get on a negative track, stop and get a milkshake with 2 straws.
- If you get really stuck, ask for help.
- Use good communication skills.
- Four great tips for sharing your answers:
 1. Be honest, yet never unkind.
 2. Start your sentences with "I" and let them reflect back on you.
 3. Resist attacking the other or defending yourself.
 4. Be specific and positive.
- Have fun!

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Date 1: Choosing Us

Welcome to your Great Date. Select from the following menu the topics that sound appetizing to *both* of you. On this date you'll affirm your relationship is a high priority and talk about how to keep choosing "us".

Appetizers

- ♥ Do you remember when you first thought of yourselves as a couple?
- ♥ Do you remember when others first thought of yourselves as a couple?
- ♥ Talk about when you chose each other as partners for life.

Main Courses

- ♥ What could you do to "choose us" rather than focusing on yourself?
- ♥ Can you think of couples you know who are definitely a "you and me" and couples who are definitely an "us"?
- ♥ How do you feel when your partner gets noticed and affirmed? Are you happy or do you wish that affirmation was coming your way?

Dessert

- ♥ Make a list of fun things you can do together.
- ♥ What could we do this week to celebrate "us"?

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Date 2: Celebrating Us

Welcome to your Great Date. Select from the following menu the topics that sound appetizing to *both* of you. On this date you'll celebrate the present and look forward to the future. Remember, this is a guilt-free fun great date! Enjoy!

Appetizers

- ♥ What do I like most about you?
- ♥ What are your most endearing traits?
- ♥ What have you done lately that I especially like?

Main Courses

- ♥ What are our best traits as a couple?
- ♥ How do we complement each other?
- ♥ What are our best memories from the last twelve months?

Dessert

- ♥ What was the funniest thing that happened to us lately?
- ♥ Brainstorm fun memory-building dates. (fly a kite, take a hike, share a milkshake.)

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Date 3: Love & Money

Welcome to your Great Date. Select from the following menu the topics that sound appetizing to *both* of you. Money can be a touchy topic so for this date concentrate on what you agree on and how your different perspectives can complement each other. Remember, this is a guilt-free fun date! Enjoy!

Appetizers

- ♥ Was your first date free? Cheap? Expensive?
- ♥ What was your most fun cheap date?

Main Courses

- ♥ What were the first major purchases you made as a couple?
- ♥ What does money mean to you? (security, status, pleasure, and so on)

Desserts

- ♥ Make a list of dating ideas that are free.
- ♥ Plan a great date for under \$10.

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Date 4: Love Keeps Dating

Welcome to your Great Date. Select from the following menu the topics that sound appetizing to *both* of you. On this date you'll talk about how you can keep on dating and put more fun in your relationship. Enjoy!

Appetizers

- ♥ What has been my favorite date this month?
- ♥ When was the last time we laughed out loud together?
- ♥ What do I do that makes you laugh?

Main Courses

- ♥ What do we enjoy doing together?
- ♥ Is there something we would like to learn together?
- ♥ What dating themes would be fun to pursue in the future?
- ♥ What do we need to do to keep dating alive?

Desserts

- ♥ From this dating list, what sounds interesting to me?

Have a hiking date.

Have a formal dinner in a park.

Re-create your first date.

Have a coupon date and make dating coupons for the future.

Plan a 24-hour getaway. (If unreasonable at this time, what about 4-hour getaway date?)

- ♥ Choose one and make concrete plans! Remember to keep dating and have fun together--your relationship is worth it!

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