



FIVE INGREDIENTS FOR THE
PERFECT DATE NIGHT

HOW TO USE THE POWER OF DATE NIGHT TO TRULY
CONNECT WITH YOUR SPOUSE.



INTERACTIVE WORKBOOK

CHAPTER TWO

THE RELATIONSHIP TIMELINE

INSTRUCTIONS

What events have shaped your relationship the most? With your partner fill in your own timeline by choosing the 5 biggest moments so far. Write the date of each event and add a quick description explaining why it was so important to your relationship.

MONTH AND YEAR WE MET:



TODAY'S DATE:

CHAPTER THREE

DATE NIGHT VS. QCT

INSTRUCTIONS

Not all date nights are equal. The goal of each is to create quality couple time (QCT) where you and your partner can connect on a deeper, more intimate level.

Together, think of your last three date nights. Write a short description of what you did and then rank the date, 1 through 5, based on the quality couple time you spent together. 1 represents no interaction at all whereas 5 represents truly reconnecting with your partner.

DATE NIGHT ONE

QCT RANKING 1-5: _____

DATE NIGHT TWO

QCT RANKING 1-5: _____

DATE NIGHT THREE

QCT RANKING 1-5: _____

CHAPTER FOUR

INGREDIENTS FOR A PERFECT DATE NIGHT

INSTRUCTIONS

Think back to the best date night you both have ever had together. What made it so special?

Describe this date and try focus on all of the characteristics that made it so great.

How can you replicate some of those same emotions in your next date night?

OUR PERFECT DATE NIGHT

WHEN WAS IT?

WHAT DID YOU DO?

WHAT MADE IT SO SPECIAL?

CHAPTER FIVE

TIME

INSTRUCTIONS

Setting aside time to reconnect with each other is very important within your relationship, but sometimes it can be hard to schedule date night. Additionally, we may also have things in our lives that take up our focus when we finally do have a chance at spending time together.

Write down a few of these things, and be honest. They may be things like projects at work, taking care of the kids, or even simply exhaustion.

WHY IT'S HARD TO SCHEDULE

WHY IT'S HARD TO STAY FOCUSED

CHAPTER SIX

DETAIL

INSTRUCTIONS

With your partner, write down three of your last few date nights and a brief description of each.

Rate each one by the amount of time and detail you put into it and then how successful it was to you both.

There is no right or wrong method in determining how much energy should go into planning. This exercise just allows you to compare dates.

Do you both like a lot of planning, or none at all? Are you different or the same in that respect?

DATE NIGHT ONE

How much detail did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ PLANNED EVERY MOVE

How much time did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ MORE THAN 10 HOURS

How successful would you say the date was?

WORST EVER ○ ○ ○ ○ ○ ○ ○ ○ ○ BEST EVER

DATE NIGHT TWO

How much detail did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ PLANNED EVERY MOVE

How much time did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ MORE THAN 10 HOURS

How successful would you say the date was?

WORST EVER ○ ○ ○ ○ ○ ○ ○ ○ ○ BEST EVER

DATE NIGHT THREE

How much detail did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ PLANNED EVERY MOVE

How much time did you put into planning?

ALL MOST NONE ○ ○ ○ ○ ○ ○ ○ ○ ○ MORE THAN 10 HOURS

How successful would you say the date was?

WORST EVER ○ ○ ○ ○ ○ ○ ○ ○ ○ BEST EVER

CHAPTER SEVEN

JOY

INSTRUCTIONS

Joy is a very important element of date night. It's also important to make sure you both are having fun. Write down three general date ideas that you would absolutely not have fun.

It's also important to make sure your partner is comfortable. The total focus should be on each other. For example, if you do not like large crowds, and you go to a packed concert, there may not be an opportunity to connect. Have you each write three things that may make you feel uncomfortable.

THREE DATE IDEAS I HATE...

THREE THINGS THAT MAKE ME UNCOMFORTABLE...

CHAPTER EIGHT

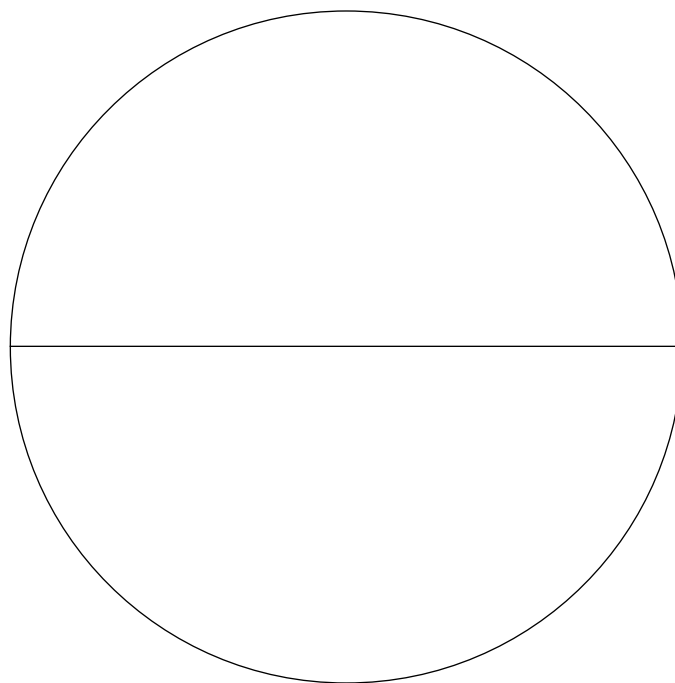
DISCOVERY

INSTRUCTIONS

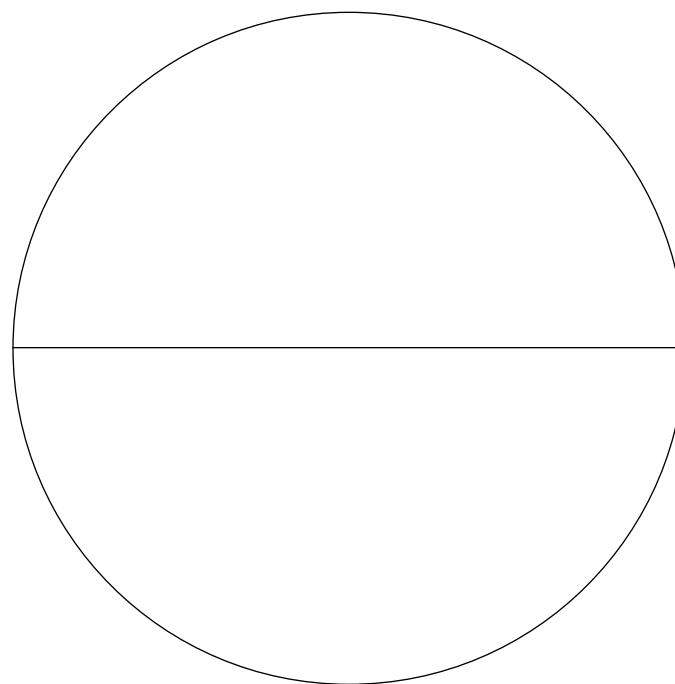
The best date nights are those that allow you to learn something new about your partner.

Find one new hobby that your partner enjoys that you don't know much about and create a date night idea that can help highlight your partner's skills or interests in that particular subject!

ONE NEW SKILL/HOBBY FOR EACH



A DATE IDEA FOR BOTH



CHAPTER NINE

CONNECTION

INSTRUCTIONS

Sometimes, the most powerful date nights are those that help fulfill a void or some sort of missing connection that exists between you both.

Have each person write one way they may feel “disconnected” in the relationship. It could be that you don’t feel heard, appreciated, understood or any other reason that is causing some sort fissure between you two.

Remember not to judge, use “I” statements, and create an open and vulnerable environment for each other.

CHAPTER TEN

PUTTING IT ALL TOGETHER

INSTRUCTIONS

Here comes the fun part! Using everything you've learned and talked about throughout this workbook, create the perfect date night.

Go through each chapter and see if you can plan a date that hits everything we've talked about in the book.

We've left the space open on this section's page to encourage brainstorming and creativity!

Once you have created the perfect date night, schedule it on each of your calendars!