

## Date Week One

Plan and night that you can have the whole evening and not have to be in a rush

Part 1 - During the evening take a trip down memory lane by answering the questions in

Part 2 – Focus on the present and what is positive in your marriage at this stage of life. Allow enough time for each question and take turns sharing your answers

Tips:

- Stay positive
- Be future focused
- Talk about your relationship
- Give a gift of love
- Don't force it
- Use good communication skills (**L.U.V.** each other, Listen, Understand, and Validate)
- Be honest – never be unkind
- Have fun
- Take the Post-date application seriously

### Part 1 – A Trip Down Memory Lane

1. First time I saw my spouse
2. First date
3. First kiss
4. Favorite date
5. First time you talked about getting married
6. Wedding day
7. First home
8. First anniversary
9. Most romantic moments
10. Happiest memories

### Part 2 – What's Great About Us?

What are three things that are positive about our marriage relationship?

1. ?
2. ?
3. ?

What are two things about our relationship that are fine but could be better?

1. ?
2. ?

What is one thing that I could personally do to make our relationship better?

1. ?

### Post-Date Application

Look for ways to compliment each other between now and the next date. Give at least one honest compliment each day.

Do one thing to make your marriage better this week.