

# Marriage Date Night!

## DO'S AND DON'TS



**DO HAVE A PLAN!**

YOUR TIME TOGETHER WILL BE MUCH BETTER SPENT IF YOU SOMETHING MEANINGFUL TO DO TOGETHER



**DO DRESS YOUR BEST!**

SHOW YOUR SPOUSE YOU MADE AN EFFORT TO LOOK GOOD FOR THEM!



**DO SHOW AFFECTION!**

HOLD HANDS, SIT CLOSE TOGETHER, AND CUDDLE.



**DO BE FLIRTATIOUS!**

WINK AT EACH OTHER, PLAY FOOTSIES, AND GIVE A LITTLE BOOTY SQUEEZE WHEN NO ONE IS LOOKING!



**DO SAY THANK YOU!**

SHOW APPRECIATION FOR THE HARD WORK YOUR SPOUSE PUT INTO PLANNING DATE NIGHT



**DO HAVE FUN!**

IT CAN BE STRESSFUL TO PLAN A NEW DATE OR TEMPTING TO RUN ERRANDS, BUT TRY TO KEEP IT SOMETHING LIGHT AND SPECIAL



**DO TRY NEW THINGS!**

DON'T GET INTO A RUT. GET OUTSIDE YOUR COMFORT ZONE AND CREATE MEMORIES!



**DO PRIORITIZE!**

PUT DATE NIGHTS ON YOUR CALENDAR FIRST! THIS SHOWS HOW MUCH YOU VALUE YOUR SPOUSE AND MARRIAGE!

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**DON'T BRING UP THE BORING STUFF!**

AVOID TALKING ABOUT BILLS, CHORES, ARGUMENTS OR "MOOD KILLERS"



**DON'T COMPARE TO OTHERS COUPLES!**

YOUR RELATIONSHIP IS UNIQUE. YOU GET TO CREATE YOUR OWN MARRIAGE THAT WORKS FOR YOU TWO!



**DON'T SPEND TIME ON YOUR PHONE!**

STARE AT EACH OTHER, NOT YOUR SCREEN



**DON'T SPEND A LOT OF MONEY!**

YOU CAN DO SIMPLE, EASY, AND INEXPENSIVE THINGS



**DON'T STRESS THE KIDS!**

IF YOU CAN'T GET A SITTER, JUST HAVE YOUR DATE NIGHT WHEN THEY ARE IN BED OR THE OTHER ROOM



**DON'T CANCEL!**

DON'T CANCEL UNLESS YOU ARE SICK OR THERE IS A REAL EMERGENCY. THIS KEEPS YOUR SPOUSE AND DATE A PRIORITY



**DON'T FORGET TO LEARN SOMETHING NEW!**

ASK QUESTIONS AND KEEP LEARNING ABOUT YOUR SPOUSE'S IDEAS, DREAMS, AND THOUGHTS



**DON'T LEAVE IT TO ONLY ONE PERSON**

TAKE TURNS AND BOTH INVEST IN YOUR DATE NIGHT PLANNING!