

Marriage Date Night!

WHAT IS A DATE?

\dat\ | noun Planned time together with the intention of getting to know your spouse better; involves romantic intention

BENEFITS OF DATING

CREATE NEW SHARED
MEMORIES AND
STORIES TOGETHER

TIME TO CONNECT
REGULARLY!

SOMEONE ELSE
COOKS DINNER

INCREASED INTIMACY
(OH YEAH)!



*Be an example
of a healthy marriage*



CHEAPER THAN COUNSELING

Marriage counselors cost an average of \$150/hour

Think of all the time and money you will save in investing in your marriage now!

BUT FOR SURE GET A COUNSELOR IF NEEDED!

3X

WHEN A COUPLE SPENDS TIME ALONE EACH WEEK, THEIR LEVELS OF HAPPINESS, POSITIVE COMMUNICATION, AND SEXUAL SATISFACTION ARE MORE THAN THREE TIMES HIGHER THAN THOSE WHO DON'T SPEND THAT TIME TOGETHER.

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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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DO'S AND DON'TS



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!