

Date Nights

Date Nights are a critical part of connection! Are you consistently scheduling your Date Nights? Date Nights can be simple and inexpensive. It doesn't need to be 'fancy' – coffee in the living room or a walk around the block is just fine. They just need to be the 2 of you, no distractions, focused on each other and fun. Someone should own it and schedule it because if it doesn't get scheduled, it won't happen.

Here are a few reasons to have Date Nights:

- Enhance intimacy and romance
- Create powerful connection moments, memories and rituals
- Add to your Relationship Bank Account
- Break monotony and reduce stress
- Deepen your connection
- Fulfill your (plural) Love Languages
- Demonstrate commitment



Do's

Have fun. Laugh. Relax. Create space to connect. Talk about your vision or long term schedule. Talk about nothing. Have 1 owner (each week, month, or quarter). Be curious with each other. Ask lots of questions. Get a babysitter or somehow keep rug rats occupied. Avoid distractions. Get creative.



Don'ts

Think it has to cost a lot of money. Talk about work, kids or logistics. Pick something where you will be easily distracted. Expect your partner to plan it. Feel the pressure to make it amazing. Make it your Weekly Sync meeting (more on this later). Take your 'other' woman/man with you (yes – your phone).