

DESSERT & A MOVIE

This date is about cuddling up, eating a great dessert, and taking full advantage of the pause button.

GET READY:

If you have kids, wait until they are asleep, out of the house, or at least out of the room. We suggest you eat a light dinner, so you can enjoy your dessert with your movie. Husband, it's your job to get the movie and dessert. (Score some bonus points and get that chick flick she's been dying to see.)

DO IT:

Now cuddle up with your sweetheart, and enjoy your movie and dessert.

DARE ME:

Once you have finished your dessert, you each have two times to pause the movie and kiss for 30 seconds.

PICTURE IT:

Take a picture of the two of you to remember the night. Cuddle, cuddle, cuddle. Post it to Facebook, Twitter, and/or Instagram, and let everyone know how much you love your boo. You can also spread the love by posting this date.

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GAUGE:

Once the movie is over, rate yourselves individually on the following.

HOW RESPECTED/LOVED DO YOU FEEL:

At Work:

★ ★★ ★★★ ★★★★

In your friendships:

★ ★★ ★★★ ★★★★

Being a Father/Mother:

★ ★★ ★★★ ★★★★

Being a Husband/Wife:

★ ★★ ★★★ ★★★★

KEEP IT GOING:

Each of you share one thing that makes you feel loved and one thing that makes you feel respected. Be honest and be open, and don't get defensive. Now, try to do one of those things for your spouse this week at least once.



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