

THE EVERYDAY DATE

GAME CHANGERS

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This date is a little different. Normally, dates revolve around a special evening or a big day out. But not this date. This date takes place during a normal day in your life—a day filled with work, kids, and responsibilities.

What if you could take that normal day and make it more interesting by inserting a date with your spouse right into the mix? What if you could make the everyday more special by adding a few touchpoints with your spouse?

GROUND RULES

- Take a break from talking about the usual suspects—money, kids, in-laws, jobs. This is not a time to take care of checklists, this is time for your US.
- Flirt. Be considerate, kind, and a great listener. Act as if you're still trying to win your spouse over.
- As much as possible, stay off of technology. Only text or take a call if it is an emergency. Everyone and everything will be OK. (People used to leave their homes without phones and they lived.)
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he or she talks tonight, they might not do it as well as you. Give them the time and space to find the words.

GET READY

Start the date like you start every day—wake up in your bed next to your spouse. Except make this day just a little more special than average. Kiss your spouse while still in bed—maybe brush your teeth first. Hit the snooze button one more time and snuggle together for exactly nine minutes. Then take a shower together.

Let the first thing you say the entire day be a complement about your spouse. Take some time to eat breakfast together. Wake each other up with coffee and a real conversation. Pack a lunch for each other. Write a special love note to put in the sack lunch or their briefcase.

GO OUT

Time to go to work. Normally, this isn't the most exciting thing. But it also means the start of your date. If you spend your day working from home (and yes, being a stay-at-home parent counts as work), then you can still adapt these suggestions to match your situation.

While you're going about your normal daily routine, do at least two of these things:

- Talk to one another on the commute to or from the office.
- Text each other at least three times.
- On the company letterhead, write down five things about your spouse that you're thankful for. Then give this note to you spouse when you return home.
- Listen to this Spotify playlist ([MarriedPeople.org/Everyday](https://www.MarriedPeople.org/Everyday)) to keep your spouse in your mind.
- Eat lunch together—even if this isn't in the same place. Coordinate to have lunch at the same time. Read the note your spouse wrote you.
- Plan to leave work at the same time. This isn't always easy, but see if you can't make it a priority just this once. Today is special, after all.

DARE ME (OPTIONAL)

- OK, prepare to get a little crazy. If you're bold enough, try to sprinkle a few of these ideas in during the course of your day. Try to top each other with how wild you can get. These will make for great stories to share with each other when connecting at the end of the day/date.
- Facetime each other during a meeting.
 - Take a selfie with that co-worker you complain about. Text the picture to your spouse.
 - Yell "I love my husband/wife" out loud in your office.
 - Carry a picture of your spouse with you everywhere you go—seriously, print one out.
 - Use a break to buy your spouse a \$5 gift at a nearby store, even if it's a convenience store or the vending machine.
 - Tell three strangers a nice thing about your spouse.

KEEP IT GOING

When you get home, you don't need to download everything about your day—because you've already been sharing with your spouse during the day. Now it's time to dig deeper and learn more about each other.

Go out to dinner or cook a favorite meal at home. Discuss these questions together:

- What are your personal and professional dreams?
- Does your current job fulfill you?
- What can I do to help you succeed in life?
- What part of your day do you most look forward to?
- What goals do you want to accomplish this year?

Don't expect that you can do this every day. Today is special. But there are still plenty of connection points that you can continue using on a regular basis.

