

HOME **TEAM**

Play Card

Strong Marriage Annual Plan

BEST USE

As a date night discussion guide.

PURPOSE

Nurtures a pattern of fun dates and creative themes for couples to connect with each other throughout the year.

ADVANCE PREPARATION

Schedule a dinner or coffee date within the next few weeks. Each spouse check at least 3 items found on the reverse side he or she would like to do together.

DURING THE DATE

Each spouse takes turns sharing their top 3 choices. Spend some time dreaming up other things to do together. Plan and schedule two additional dates - taking turns selecting from this list to start mini-living your mini-dreams.

DURING THE DATE

1. Complete the questionnaire on the reverse side together
2. Schedule dates and times on both calendars to make sure your strong marriage priorities trump other commitments

DURING THE DATE

Every married couple needs to be intentional in several areas. Discuss the following questions together, then select an idea or create your own to put on your schedules.

QUESTION: How will we protect routine times for non task-driven communication?

Schedule an evening walk together twice weekly

Schedule a date night twice monthly

QUESTION: Should we read a book, attend a class, or seek guidance to improve a specific area of our marriage?

Shared vision and goals

Better communication

Romantic intimacy

Managing money

Parenting the kids

QUESTION: When do we think we will feel most stressed during the coming year so we can plan a weekend get-away together to recharge our batteries and rekindle romance? _____

Where would we like to go that we can afford? _____

Who could watch the kids? _____

QUESTION: How can we help each other improve physically and emotionally?

Work out together

Eat out less often to cook healthy meals at home

Give each other time alone with God by watching kids, etc.

QUESTION: When will we incorporate the habit of praying together into our relationship?

At the end of evening walks twice weekly

Before going to sleep each night