

YOUR BEST MARRIAGE

10 MINUTE DATE NIGHTS

DATES FOR MARRIED PEOPLE . . .

FROM THE COMFORT OF YOUR OWN HOME

INTRODUCTION

You know date nights are important. Every marriage expert on the planet says so, right? But sometimes life gets . . . hectic. Your schedule blows up or circumstances beyond your control make it impossible to get out of the house, let alone plan a nice evening with your spouse.

We get it. But that doesn't change the fact that date nights really are important. They're vital for maintaining your connection as a couple.

If you find yourself struggling to get life organized enough to find time for a date with your spouse, don't worry. Don't feel guilty. We've got you covered.

Your Best Marriage 10-minute date nights offers you five different date options to help you.

DATE 1: INDOOR EXPERIENCE

Remember when you first started dating and you wished you could spend all of your time together just getting to know each other? Remember when you had time to sit, relax, and have an uninterrupted conversation with each other? Those were the days, right?

Now, you're in the process of building a life together. That means you're busy . . . basically, all of the time. And if you have kids, forget about uninterrupted conversations, right?

Well, the Indoor Adventure date will help you relive the romance of those early days. It's all about getting comfortable and connecting with each other—and you don't even have to leave the house.

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

Shower, shave, brush your hair and teeth, put on a pair of pants that aren't held up by an elastic waistband—you know, do the kind of stuff you used to do when you were trying to impress your spouse.

Pick a Time

This one's key. Figure out the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are young, you might have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a date time that prioritizes you and your spouse and prevents any distractions.

Pick a Place

For this date, you'll need some kind of Internet-connected screen that's bigger than a phone or a tablet— (the bigger the better). If that means you have to kick the kids out of the family room, that's fine. They will be okay.

Decide whether you want to hang out in a virtual coffee shop or sit in front of a digital fire, and then make sure you can access one of these YouTube videos on your screen (you don't want to waste any of your 10 minute date trying to get the video to play):

- Fireplace - <https://www.youtube.com/watch?v=GknBjfqodfw>
- Coffee Shop - <https://www.youtube.com/watch?v=dx3GxpitvbY>

Bring Supplies

Here's the stuff you'll need:

- A screen and an Internet connection
- The 20 Questions sheet (print it out or have it available on your phone)
- Drink and snack of your choice

GO TO

It's time to enjoy a little peace and quiet by the fireplace or the coffee shop. Meet up at the place you've designated for your date, and don't forget:

- Breathe
- Relax
- Slow down
- Clear your mind of other distractions

The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

The date is simple: enjoy each other. Connect. Have a few laughs. Ten minutes will go by quickly, but it can recharge your relationship. Use the 20 Questions sheet to strike up a conversation. Alternate asking each other questions. Have fun.

DARE ME

Do you want your spouse to up the ante (and the intimacy)? Invite them to ask you one of these questions:

1. What is currently your biggest fear?
2. What is currently your favorite thing to do?

KEEP IT GOING

Your date may end after 10 minutes, but that doesn't mean the fun (and connection) has to. Post a picture of you and your spouse with #10minutedate. Then share this date night with your married friends.

DATE 2: DREAM HOUSE

Are you living in your dream home? Even if you like your house, the answer is probably no. Imagining a possible (or even impossible) future can be fun, as long as you don't get too caught up in the desire for bigger, better, and newer.

This date is intended to be a fun way for you imagine yourselves in your perfect house. More important, it's an opportunity to learn a little more about how your spouse would define "dream home."

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

Shower, shave, brush your hair and teeth, put on a pair of pants that aren't held up by an elastic waistband—you know, do the kind of stuff you used to do when you were trying to impress your spouse.

Pick a Time

Determine the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are younger, you may have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a time that prioritizes you and your spouse and reduces the risk of distractions.

Get Your Supplies

For this date, all you'll need is some kind of Internet-connected screen—a laptop or tablet is preferred but a phone will also work.

Do a Little Homework

Since you'll be talking about your dream home, each of you should spend a few minutes looking through the following virtual home. Decide which is your favorite and save the link so you can get to it quickly on your date.

- <https://my.matterport.com/show/?m=djByi4oAGts&>
- <https://my.matterport.com/show/?m=mjkDkQQKZMf&>
- <https://my.matterport.com/show/?m=BdGCLtDJm97&>
- <https://my.matterport.com/show/?m=eigS4DWdWbm&>
- <https://my.matterport.com/show/?m=S9sdSwmn1EU&>
- <https://my.matterport.com/show/?m=F47oQdFeNtj&>

GO TO

It's time to do some house hunting. Meet up at the place you've designated for your date. And don't forget to clear your mind of other distractions. The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

During your date, each of you spend five minutes walking your spouse through the dream house you selected. Use these questions to have a fun conversation:

1. Why did you pick the house you picked?
2. When you imagine your dream house, what features are essential, and why?
3. What kind of place do you imagine us living in during our golden years?
4. What stuff did we agree on as a couple?

DARE ME

Feeling bold? If so, ask your spouse this question:

What is one small thing I can do around the house to make it just a little bit more like your dream home?

KEEP IT GOING

Your date may end after 10 minutes, but that doesn't mean the fun (and connection) has to. Post a picture of you and your spouse with #10minutedate. Then share this date night with your married friends.

DATE 3: LET'S PLAY A GAME!

One of the best ways to relax and connect is to play a game with each other. Games help us to drop our guard and let our true personalities come forward. They can even help us to connect with the child that still lurks in the heart of every adult.

In this date, you'll spend 10 minutes playing a game on a smartphone. More important, you'll spend some time laughing with each other . . . and that's vital to every marriage.

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

You know what? Go casual on this one. Practice basic hygiene, but if you want to play in your pajamas, go for it!

Pick a Time

Figure out the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are young, you might have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a date time that prioritizes you and your spouse and prevents any distractions.

Get Your Supplies

For this date, all you'll need is a smart phone, an Instagram account, and a sense of humor.

GO TO

When the time comes, go to your designated date place—preferably somewhere quiet and secluded. Remember: The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

Play the game!

1. Open Instagram and select Your Story at the top left of the screen.
2. Select the filter options to the right of the camera button at the bottom of the screen, and scroll all the way to the right to get to the search option.

3. Click on the search icon, and search "who is more" to find the game.
4. When you're ready, click Try It in the bottom left of the screen.

As you look at the phone together, the filter will prompt you with "Who is more . . ." questions. All you have to do is tilt your head in the direction of which of you is more likely to do whatever the question asks.

The object of the game is to match as many answers as you can.

When you're done with the game, you can choose not to post it to your Instagram Story if you don't want to.

DARE ME

If you have a little extra time, play a second round of the game.

KEEP IT GOING

Your date may end after 10 minutes, but that doesn't mean the fun (and connection) has to. Post a picture of you and your spouse with #10minutedate. Then share this date night with your married friends.

DATE 4: THREE THINGS I LOVE ABOUT YOU

You want to know that your spouse is in your corner, that they love you as much (or more) today than the day you got married. Your spouse wants the same from you.

This date is an opportunity to say the things to each other that often go unsaid but shouldn't.

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

Shower, shave, brush your hair and teeth, put on a pair of pants that aren't held up by an elastic waistband—you know, do the kind of stuff you used to do when you were trying to impress your spouse.

Pick a Time

Determine the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are younger, you may have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a time that prioritizes you and your spouse and reduces the risk of distractions.

Do a Little Homework

For this date, you'll each need a copy of the 3 Things I Love About You sheet. Plan to take some time before the date to fill out the sheet (seriously—you don't want to show up to this date unprepared).

GO TO

When the time comes, go to your designated date place—preferably somewhere quiet and secluded. Remember: The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

This date is simple. Just share with each other what you wrote down on the 3 Things I Love About You sheet. Use this as a time to build your spouse up. Make sure they know how much you love and support them.

DARE ME

If you're feeling daring, ask your spouse this question:

What is one thing I can do to better communicate my love for you?

KEEP IT GOING

Think of a small act of kindness you can do for your spouse over the next 5 days. And then do it!

DATE 5: OUTDOOR ADVENTURE

Do you have a shared love of the great outdoors? Do you enjoy relaxing on the beach? Do you wish you could be on vacation right now? If so, this 10-minute date is just for you.

The Outdoor Adventure date will help you connect with each other and spark a little romance.

GET READY

Most people get almost as much enjoyment out of anticipating a date night as they do the actual date, so start your preparations in the morning. Make the most of having something to look forward to.

Clean Up

Shower, shave, brush your hair and teeth, put on a pair of pants that aren't held up by an elastic waistband—you know, do the kind of stuff you used to do when you were trying to impress your spouse.

Pick a Time

This one's key. Figure out the best time for your date. When can you create 10 minutes of uninterrupted alone time with each other? If you have older children, you might give them access to a screen or game console to buy yourself some time. If your children are young, you might have to wait until their asleep. Here's the thing: you know the rhythms of your family. Pick a date time that prioritizes you and your spouse and prevents any distractions.

Pick a Place

For this date, you'll need some kind of Internet-connected screen that's bigger than a phone—a laptop, tablet, or television (the bigger the better). If that means you have to kick the kids out of the family room, that's fine. Just do it in a diplomatic way. If you can, convince them they'll have a lot more fun playing in their rooms.

Decide whether you want to hang out in on a virtual beach or around a virtual campfire, and then make sure you can access one of these YouTube videos on your screen (you don't want to waste any of your 10 minute date trying to get the video to play):

- Beach - https://www.youtube.com/watch?v=ec_xGmM_tJc
- Campfire - <https://www.youtube.com/watch?v=EqqpcFj8G-s>

Bring Supplies

Here's the stuff you'll need:

- A screen and an Internet connection.

- The 20 Questions sheet (print it out or have it available on your phone)
- A snack or something to drink (you could pre-make s'mores if you're planning to sit by the campfire, or make drinks with little umbrellas if you're going to beach)

GO TO

It's time to enjoy a little relaxation at the beach or around a campfire. Meet up at the place you've designated for your date, and don't forget:

- Breathe
- Relax
- Slow down
- Clear your mind of other distractions

The next 10 minutes are about you and your spouse. Be present with each other.

DO IT

The date is simple: Enjoy each other. Connect. Have a few laughs. Ten minutes will go by quickly, but it can recharge your relationship.

Use the 20 Questions sheet to start a conversation. Alternate asking each other questions. Have fun.

DARE ME

Do you want your spouse to up the ante (and the intimacy)? Invite them to ask you one of these questions:

1. What is the most embarrassing thing you've ever experienced?
2. When did you first know you loved me?

KEEP IT GOING

Your date may end after 10 minutes, but that doesn't mean the fun (and connection) has to. Post a picture of you and your spouse with #10minutedate. Then share this date night with your married friends.

20 QUESTIONS FOR A GREAT DATE

The following questions are designed to help you connect and have a great time on your 10-minute date.

Using the questions is easy. Just alternate asking each other a question from the list. Pick any questions you like. You won't be able to ask and answer 20 questions in 10 minutes. That's okay—even if you only ask and answer one question each. The goal is to connect and have fun, not complete the list.

Plus, you can always save the unused questions for future dates.

1. If Hollywood made a romantic comedy about us, who should play you and who should play me?
2. What's your favorite non-sexual thing we do together?
3. What is one of your favorite memories from when we were dating?
4. What is your favorite movie, book, or song?
5. What is one memory or event from your childhood that you've never told me about?
6. What do you want to do when we retire?
7. What is your dream job?
8. Which would you prefer, a lake house or a beach house?
9. What is your greatest talent?
10. What is something that scared you as a child?
11. Which did you like best—elementary school, middle school, high school, or college?
12. If you could have one superpower, what would it be?
13. Would you rather have more money or more time?
14. What was your favorite toy or possession when you were a child?
15. Do you prefer excitement or security?
16. If you could tell your younger self one thing, what would it be?
17. If you could only eat one meal for the rest of your life, what meal would you choose?
18. Is there a new hobby or activity you want to try?
19. When you were a child, what did you want to be when you grew up?
20. If you could have dinner with one famous person (still living), who would it be?

3 THINGS I LOVE ABOUT YOU

We all need affirmation and reassurance. We all need to know that we're not going it alone, that we have someone in our corner supporting us and cheering us on. Your spouse wants you more than anyone else in the world to be that person for them.

Three Things I Love About You is a simple way to put your thoughts about your spouse on paper, and then communicating them. It's a practical way to live out your role as your spouse's number one cheerleader.

STEP 1: THREE THINGS

In the space below, write down three things you love about your spouse—skills, talents, personality traits, physical characteristics. They could be anything. They just need to mean something to you.

I love ...

1. _____

2. _____

3. _____

... about you.

STEP 2: WHY YOU LOVE THOSE THINGS

In the space below, jot down some notes about why you love those aspects of your spouse. How have they made your life better? How might they help you grow? How might they offer strength in areas where you're weak?

STEP 3: TELL YOUR SPOUSE

On your date, walk your spouse through what you wrote down in Steps 1 and 2. Tell them what you love about them and why. Let your spouse know how much it means to you to share life with them.

More fun stuff:

- If you have more than 10 minutes, check out our free online date night, "Your Best Night In," at yourbestnightin.com.
- Married People Membership at marriedpeople.org/home
- "Your Best Us," by Ted Lowe. A marriage book for people who don't like marriage books.