

Try New Things Together!

Date Ideas

- Play chess together
 - Progressive dinner date
 - Axe Throwing
 - Go-kart date
 - The Floor is Lava
 - Cooking Competition
 - Listen to your old High School jams together
 - Learn how to salsa
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Intimacy Ideas

- Grapefruiting (look it up)
- Couple's massage
- Do anything sexy, but have sex.
- Blindfold one of you and explore the body.
- Makeout Only.
- Have sex everyday for a week.
- Take a shower together
- Look into each other's eyes for a whole minute

Communication Ideas

- Weekly Relationship Check-in: use my guide!
 - Identify the phrases you each use that you love!
 - Use the Gottman Card Deck App and try the questions.
 - Find a list of questions from the internet and start asking!
 - For 10 minutes, only use your body or nonverbals to communicate. No words allowed!
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Quality Time Ideas

- Play chess together
- Read a book together
- Phone free day.
- Build a fort together and watch a movie
- Go on a walk in a new location together