
RECONNECTION

The Date Night Playbook

52 weeks of intentional connection. No more 'I don't know, what do you want to do?'

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Date Night Is Not Optional

You dated before you got married. You planned. You dressed up. You were intentional. Marriage did not cancel the need for that. It increased it. The couple that stops dating starts drifting.

This playbook gives you 52 date ideas. One for every week of the year. Some cost money. Some are free. All of them require one thing: showing up fully present.

The Rules

- No phones. Not on silent. Away. In the car, in a bag, not on the table.
- No kid talk for the first 30 minutes. You are a couple before you are parents.
- Alternate who plans. This week you, next week them. Ownership creates investment.
- Cancel only for emergencies. Not tiredness. Not 'we'll do it next week.' Protect it.

At Home (Free)

1. Cook a new recipe together. No phones. Music on.
2. Blanket fort movie night. Yes, you are adults. Do it anyway.
3. Write each other a letter and read them out loud.
4. Play 20 Questions but only about your relationship. 'What's your favorite memory of us?'
5. Slow dance in the kitchen. No kids awake. Just you two.
6. Do a puzzle together with a bottle of something you both like.
7. Take turns giving each other a 20-minute massage.
8. Look through old photos together. Tell the stories behind them.

Out & About

1. Drive to a town you have never been to. No GPS. Just pick a direction.
2. Go to a bookstore. Each pick a book for the other person.
3. Sunrise hike. Early alarm. Coffee in a thermos. Watch it together.
4. Take a cooking class together.
5. Go to a farmers market and cook dinner with what you find.
6. Find live music. Anywhere. A bar, a church, a street corner.
7. Visit a museum or gallery. Discuss what you see.
8. Rent kayaks, paddleboards, or bikes. Move your bodies together.

Deeper Connection

1. Each share 3 dreams you have not told the other person.
2. Take the 36 Questions to Fall in Love (Google it). Do all 36.
3. Write your 5-year vision together on a single sheet of paper.
4. Each share one fear about the future and one hope.
5. Go to a coffee shop and pray together. Out loud.

6. Tell each other the story of when you fell in love. Your version.
7. Each name one thing the other person does that makes you feel most loved.
8. Revisit where you had your first date. Or recreate it.

Date Night Tracker

Month 1:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 2:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 3:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 4:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 5:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 6:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 7:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 8:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 9:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 10:

Week 1: ____ Week 2: ____ Week 3: ____ Week 4: ____

Month 11:

Week 1: ____ **Week 2:** ____ **Week 3:** ____ **Week 4:** ____

Month 12:

Week 1: ____ **Week 2:** ____ **Week 3:** ____ **Week 4:** ____