

DATE #1: INDOOR ADVENTURE

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.

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?