

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!

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.