A POCKET PLANNER FOR A DATE THAT FEELS LIKE YOU



Steal a Date From Your Own Love Story

Think of a time you felt especially like yourselves together. It might have been a weekend away, a walk after work, or staying up far too late making each other laugh.

A memory I would borrow from

Where were we? What one detail made it feel good?

A memory you would borrow from

What stands out for you? It can be a different memory.

Borrow the part you loved

"I miss that beach trip." "Me too. Remember trading songs in the car?" This week's version could be a drive for iced tea, one song each, with nowhere else you have to be.

The detail we both want to bring back

Our version for this week, using the time, energy, and money we have

When we'll do it, and who wants to handle which part

Afterward, ask "What felt like us?" Keep that detail for next time.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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