



Week 4

#onesmallchange challenge!

THE FINAL WEEK!

YOU MADE IT! FOUR WEEKS. FOUR SIMPLE
CHANGES.

WE'RE CONFIDENT THAT IF YOU FOLLOW THE
INSTRUCTIONS IN THIS PACKET, THAT GOOD
THINGS ARE GOING TO HAPPEN.

READ THROUGH THE CHALLENGE ON OUR
WEBSITE NURTURINGMARRIAGE.ORG. PRINT
OUT THE LAST FOUR PAGES OF THIS PDF. FILL
OUT THE WORKSHEET. MAKE YOUR
#ONESMALLCHANGE. REPORT BACK.

HAPPY NURTURING AND CONGRATS FOR
CHOOSING TO BE INTENTIONAL ABOUT
NURTURING YOUR MARRIAGE THIS MONTH!

~ AARON & APRIL ~



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WEEK 4 - YOUR SPOUSE WOULD LOVE A
DATE WITH YOU

ANSWER THE FOLLOWING QUESTIONS:

WHAT HAS BEEN YOUR ALL-TIME FAVORITE
DATE WITH YOUR SPOUSE?

WHEN WAS THE LAST TIME YOU TWO WENT
OUT ON A DATE?

WHAT DOES AN IDEAL DATE NIGHT LOOK LIKE
TO YOU?

WHAT WOULD YOUR SPOUSE LOVE TO DO FOR
DATE NIGHT?



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YOUR CHALLENGE IS TO PLAN AND ASK YOUR SPOUSE OUT ON A DATE. THIS WEEK. YES, YOU. IT'S YOUR CHALLENGE. ARE YOU UP FOR IT? IT MAY BE A LITTLE AWKWARD, BUT WE PROMISE IT WILL BE TONS OF FUN!

1. WHAT DAY ARE YOU GOING TO GO?

2. WHAT TIME ARE YOU GOING TO GO?

3. IF YOU HAVE KIDS, WHO ARE THREE PEOPLE WHO COULD BABYSIT?

4. CALL THEM...DID YOU CALL THEM? DO IT.

ONCE YOU HAVE THE DAY/TIME/SITTER BOOKED, IT'S TIME TO START PLANNING. YOU ARE RIGHT, YOU COULD FIND SOMETHING TO DO (CONCERT, EVENT) AND THEN BOOK AROUND THAT, TOO. HOWEVER, WE WANT YOU TO GO OUT THIS WEEK, SO WE'RE HAVING YOU BLOCK OUT THE TIME FIRST. WE'LL PLAN THE DETAILS NEXT!



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1. SPEND SOME TIME PERUSING DATE NIGHT IDEAS. THINK ABOUT YOUR BUDGET, WHAT YOUR SPOUSE WOULD LOVE, AND WHAT IS AVAILABLE. ALSO, REMEMBER THAT DOING SOMETHING NEW AND NOVEL WILL HELP NURTURE YOUR MARRIAGE IN BIG WAYS.

BUDGET:

WHAT YOUR SPOUSE WOULD LOVE:

2. PLAN WHAT YOU ARE GOING TO DO. WRITE IT DOWN HERE. IS THERE FOOD INVOLVED? IF NOT, MAKE SURE THERE IS FOOD INVOLVED. WRITE DOWN WHERE YOU ARE GOING TO GO TO EAT/DESSERT.



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3. ASK YOUR SPOUSE OUT.

JUST DO IT. ASK HIM OR HER OUT FOR THE DATE NIGHT YOU HAVE PLANNED.

4. BE FLIRTY. AND CONFIDENT. AND HAVE A BLAST.

DATE NIGHT MUST'S:

1. DRESS UP-ISH.
2. SMELL GOOD.
3. GET HER DOOR.
4. USE YOUR MANNERS.
5. COMPLIMENT YOUR SPOUSE ON HOW THEY LOOK.
6. TALK - LISTEN - ASK QUESTIONS - LAUGH.
7. PUT AWAY YOUR PHONE.
8. THANK YOUR SPOUSE FOR GOING OUT WITH YOU.
9. KISS YOUR SPOUSE AT THE END, REALLY KISS THEM!
10. ASK YOUR SPOUSE IF THEY WANT TO GO OUT WITH YOU AGAIN.