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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and it's absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

CLICK HERE TO SIGN UP!

the
DATING  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME

INSTRUCTIONS

JUST LIKE A SUNRISE NEEDS A SUNSET TO BE COMPLETE, YOU NEED EACH OTHER FOR A SUCCESSFUL ROMANTIC DATE!

This is a two part date: part one is sunrise, part two is sunset. Find somewhere romantic where you can watch each event and comfortably do your date activities. Keep in mind that you can always use your own yard, porch, or even window to watch, especially if you have little kids at home. You don't have to get a babysitter twice in one day. (Unless you want to!)

STEP ONE:

SEPARATE THE FOLLOWING HIS & HERS PAGES. (NO PEEKING AT EACH OTHER'S PAGES!) YOU WILL NEED TO PLAN AT LEAST A DAY IN ADVANCE SO YOU CAN BE AWAKE IN TIME FOR THE SUNRISE.

STEPTWO

STUDY YOUR OWN LISTS OR KEEP THEM HANDY NEARBY THROUGHOUT THE DATE. YOU WILL BOTH NEED TO DO YOUR PART FOR THE DATE TO WORK!

STEP THREE

REMEMBER THE ROMANCE. THIS DATE IS ALL ABOUT SPENDING TIME TOGETHER AND RECONNECTING, SO HAVE FUN AND TRY TO GO OUT OF YOUR WAY TO BE EXTRA SWEET TO YOUR SWEETIE.

HIS TASK LIST

SUNRISE DATE:

SET AN ALARM AND WAKE HER UP GENTLY - EARLY ENOUGH THAT YOU DON'T MISS THE COLORS BEFORE THE SUNRISE.

HOLD HER HAND WHENEVER YOU CAN.

PACK A COMFY BLANKET TO SIT ON/WRAP UP IN.

FOR THIS DATE, YOU WILL BE CUDDLING AND READING TOGETHER. PACK A BOOK THAT YOU CAN TAKE TURNS READING TO EACH OTHER WHILE YOU WATCH THE SUNRISE.

SUNSET DATE:

PACK SNACKS (CRACKERS, MEATS, AND CHEESES WOULD BE PERFECT) AND SPARKLING CIDER IN A PICNIC BASKET.

BRING JACKETS FOR BOTH OF YOU TO STAY WARM.

ON THE DATE, OFFER HER A FOOT OR BACK RUB.



SUNRISE DATE:

PACK OR GRAB BREAKFAST ON THE WAY (MUFFINS AND ORANGE JUICE WOULD BE SIMPLE AND FUN).

SURPRISE HIM WITH A KISS HE DOESN'T SEE COMING.

OFFER HIM A BACK RUB WHILE HE READS.



SUNSET DATE:

FOR THIS DATE, YOU WILL EACH BE PAINTING THE SUNSET WHILE YOU WATCH. PACK CANVAS OR PAPER, PAINT, BRUSHES, PAPER CUPS AND A BOTTLE OF WATER (FOR CLEANING BRUSHES) AND PAPER TOWELS.

SET AN ALARM AND LEAVE WELL BEFORE THE SUNSET SO YOU HAVE PLENTY OF LIGHT TO PAINT.

BRING A COMFY BLANKET TO PICNIC ON.

INITIATE A MAKE OUT SESSION AND DON'T BE THE FIRST TO PULL AWAY.