

This week, post a picture of your spouse on social media with the words “My favorite.” Or text your spouse with the words “You’re my favorite.” (Or both.)

KEEP IT GOING

When you get in the car, find a song you both like and sing it to each other. Or lip sync it. But have fun being goofy in the car together. If you want to take to the next level, video it.

DARE ME? (OPTIONAL)

Here’s one thing you may or may not have thought of lately—you picked your spouse because they were your favorite. They picked you because you were their favorite. So why not spend some time celebrating your favorite? Because while they are still your favorite, some of your other favorites may have changed over the years. Maybe you don’t like the color blue as much as you did when everything in your life had to be blue at age 11. Or that song you put on repeat a year ago is now annoying. But some favorites stay the same. Spend some time on this date seeing each other more CLEARLY as you explore each other’s current favorites.



MY FAVORITE

GROUND RULES

- Take a break from talking about the usual suspects—money, kids, in-laws. This is not a time to take care of checklists, this is time for your us.
- Flirt. Be considerate, kind, relaxed, and a great listener. Act as if you are still trying to win him/her over.
- As much as humanly possible, stay off of technology. Only text or take a call if it is an emergency. Everyone and everything will be okay. (People use to leave their homes all the time without phones, and they lived to tell about it.)
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he/she talks tonight, they might not do it as well as you. So believe the best in them as they find the words.

GET READY

Ask each other, “What is your current favorite food?” If you can find a restaurant that serves both your favorites, go out to eat there. If not, consider getting take out from your two favorites and have a picnic—even if it’s nighttime.

GO OUT

Our favorites change over time. Over dinner, or while picnic-ing, ask each other for an update on what are your current favorites for the following. Write them down. They may come in handy at some point:

- color
- song
- restaurant
- book
- hobby
- movie/TV show
- app (if you have a smart phone)
- indulgence
- vacation (past trip you’ve taken)
- funny online video (you can get your phone out for this one)

Now, tell your spouse what your current favorite thing is about them. We said “current” because your spouse has many awesome traits, but you just have to name one right now.