



Relationship

Building

**Activity
Guide**

**TO
REKINDLE THE FLAME**

BY ICETA | MOMMY ON WINE

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INSTRUCTIONAL SHEET

WELCOME

You ROCK! I am so glad you signed up. This guide worked perfectly for me and my partner and now we are about to celebrate 18 years together. WOW right!? After we had our second daughter we were unable to find time for each other. I was so focused on the kids and getting back to work and he was so focused on ensuring we had all we needed, we completely ignored our own needs. A scheduled date night was our solution and it worked like a charm! Let's gets started! This list contains affiliate links, which means if you purchase through these links, I will receive a small commission. This is at no cost to you, but it is an awesome way to help me keep my blog going. Thanks for your support!

YOU WILL NEED:

- Sakura Pigma Pens
- Scissors
- Bowl or Jar with or without cover
- Date Night Ideas (Included below)

METHOD

You and your partner need to have a sit down at least once a month to plan out the 14 possible days you can have one on one time. Come to the table with an open mind and expect to do things you may not be 100% into. Like watching football or Lifetime Movie Network. Here you go:

1. At the bottom of the activity sheet start making suggestions on what activity you would like to do with each other. Use the Date Night Idea Sheet on page 4.
2. Write the day in the week you want to do that activity and an estimated budget
3. Indicate who makes each suggestion. That is just to keep a track of each person's level of participation. This is a Team effort.
4. Use your scissors and cut on the dotted line
5. Fold the activity that was cut into a small squares
6. Drop the square into your bowl/jar
7. Repeat for other the activities until sheet is completed

POINTS TO NOTE

The Blue Boxes are for easy, quick or short activities, like a foot rub.

The Orange Boxes are for those STEAMY HOT activities like a massage (wink wink)

HOW I DID IT

On the 25th of each month we make a date and start working on our activity sheet. When completed each Sunday I would shake my dating jar and have hubby pick an activity. He picks because I do all the writing for the worksheet. We would then start making plans for that day which is a task on its own. Lucky you, there is a **BONUS** date night checklist included.



Activity Bowl Builder

CUT OUT SHEET

| NUMBER OF DATES | ACTIVITY | DAY | BUDGET | NAME |
|-----------------|---------------|---------|--------|----------|
| 14 | | | | |
| 13 | | | | |
| 12 | | | | |
| 11 | | | | |
| 10 | | | | |
| 9 | | | | |
| 8 | | | | |
| 7 | | | | |
| 6 | | | | |
| 5 | | | | |
| 4 | | | | |
| 3 | | | | |
| 2 | | | | |
| 1 | | | | |
| 0 | Watch a Movie | Tuesday | \$40 | Margaret |

Cut along red dotted line
Start Here

End Here

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DATE NIGHT IDEAS

- 1 Beach Day
- 2 Coffee Date
- 3 Lunch Date
- 4 Wine and Painting
- 5 Road Trip
- 6 Learn Latin/Reggae Dancing
- 7 Movie Marathon Night
- 8 Learn to cook Date Night
- 9 Candle Light Dinner
- 10 Wine Tasting
- 11 Youtube Karaoke
- 12 Massage
- 13 Plan your next trip.
- 14 Dream together. Talk about where you'd like to be in the next 5, 10, 15 years in your relationship, with the kids, with finances, in your careers, etc.
- 15 Take YouTube dance lessons
- 16 Do a "Skype" double date with a friend couple who has moved cross country.
- 17 Make a list of the top ten reasons you're happy to have him as your hubby while he makes a list of why he's happy to have you!
- 18 Play cards.
- 19 Have a really special fancy dessert from a nearby bakery.
- 20 Walk around the neighborhood, keeping your house in view.
- 21 Watch the first movie you ever watched together.
- 22 Search online for your dream home.
- 23 Exchange a scalp massage.
- 24 Build a fort together.
- 25 Take a bath together.
- 26 Have cheese, sausage & crackers.
- 27 Have an outside picnic under the stars.
- 28 Exchange back rubs.
- 29 Work together to make a playlist of songs from when you were first together.
- 30 Dress up for each other. Wear fancy clothes and set a fancy table.
- 31 Chopped Challenge at home. Have a friend fill a bag with ingredients neither of you knows about. Set a timer and race the clock together.
- 32 Do a puzzle together.
- 33 Make a homemade pizza.
- 34 Spend some time writing out 10-15 memories each.
- 35 Blindfold Food Taste Test
- 36 Organize digital family pictures together.
- 37 Make your own massage oil
- 38 Unplug from everything and just be together.
- 39 Read aloud to each other.
- 40 Play a childhood game.

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Bonus

DATE NIGHT CHECKLIST

DATE NIGHT CHECKLIST

This checklist is to ensure you will have an event free couple of days before your **BIG** date with your partner. You need to have at least **5 clear days** to accommodate all the moving parts. Once you set your date just start actioning the following steps.

1 TALK TO KIDS

Let your kids know you are going out with your partner, ensure you prep them that this will now be the norm.

2 ARRANGE BABY SITTER

Do this at least **5 days before**. Call a friend or a service and make arrangement for someone to watch your kids while you are out. Send email or text detailing exactly what date and time you require their service. I suggest an hour before you are ready to leave.

3 LEAVE INSTRUCTIONS

Make a list of emergency numbers to call, fire, police or even the trusty neighbor. Indicate appropriate activities for the kids, their bed times or any medication to grounding that need to be enforced. Also leave a little note on refrigerator reminding partner about your big date.

4 PRETTY UP

Make appoint for hair, nails or to get an outfit. Make it a big deal you want your partner to see this is important to you and you are excited to be going out with them. It is about letting them remember why they are so attracted to you in the first place

5 FOLOW UP

You need to call your partner ensure they are still available and there is no work or other emergency. Call the sitter to confirm date and time. Remind kids you will be leaving out for a few hours.

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ABOUT ME

Hi there,

I'm Iceta, so, you made it to the end of this guide. See how easy that was? You will now be receiving periodic emails with other tips and ideas on how to keep the love alive for you and your partner.

Why should you listen to anything I have to say?

Well, I have been married for 11 years come this January 1, 2018. My husband and I have been together since we were 17 years old. We have been through 2 births and one step daughter, living in different countries twice, infidelity and bankruptcy. Needless to say, I have a few things I can talk about.

What is my advise?

Relationships take work, lots and lots of work, planning, research and sometimes when all else fails, therapy. What I will say in parting, none of my tips will work if you and your significant other are not willing to put in the work. Dedication is required.

Visit my blog for more tips, guides and checklist at Mommy On Wine. Let us be friends and chat on social media at Mommy On Wine.

