

Use this three-course guide to make your date conversation more meaningful, or use parts of it to check in at the end of each day or week.

For even more meaningful conversations, check out the Prepare/Enrich [Discussion Guide for Couples](#).

starters

- Describe how you're feeling in one or two emojis. Text it to each other, then explain. *Want to keep it device-free? Just use one or two words instead.*
- What was the most memorable part of your day/week?
- What are you looking forward to?

main course

- In what ways (big or small) do we try to show our love and commitment to each other?
- Do we always "receive" or acknowledge these attempts from each other? How do we show it?
- Talk about a recent time when you felt most loved.
- What can we do to make each other feel that more often?
- How do we feel about our current levels of quality time together?
- Are there any adjustments we can make to feel more balanced?
- What can we do to stay connected when we get really busy?
- What is your favorite way to spend quality time with each other?
- What makes you feel like a good partner/spouse?
- What is something you've been struggling with?
- What can I do to make your day a little easier?
- What do you feel like we're doing well as a couple?
- What do you feel we could work on?

dessert

- What fictional couple's relationship do you identify with? Why?
- If your relationship was a dessert, what would it be? Why?
- What do you want to do on your next date?
Check your calendars and schedule it!