

## Recipe Card



### *Our Mini-Dreams*

#### **Best Use**

As a date night discussion guide

#### **Nutritional Value**

Nurtures a pattern of fun dates and creative times for couples to connect with each other throughout the year

#### **Advance Preparation**

- Schedule a dinner or coffee date within the next few weeks
- Each spouse check at least 3 items found on the reverse side he or she would like to do together

#### **During The Date**

1. Each spouse takes turns sharing their top 3 choices
2. Spend some time dreaming up other things to do together
3. Plan and schedule two additional dates – taking turns selecting from this list to start mini-living your mini-dreams

<http://www.homefoundations.org/>



## Mini-Dreams Activities

Check all that you would enjoy doing with your spouse.

- |   |  |
|---|--|
| <input type="checkbox"/> Go bowling   | <input type="checkbox"/> Plant a tree together   |
| <input type="checkbox"/> Go to a museum   | <input type="checkbox"/> Pick blueberries/peaches to make something with the fruit                   |
| <input type="checkbox"/> Find new games to play                                 | <input type="checkbox"/> Make activity coupon books for each other                                   |
| <input type="checkbox"/> Take a cooking class                                   | <input type="checkbox"/> Go to a musical   |
| <input type="checkbox"/> Go dancing/dance lessons                               | <input type="checkbox"/> Have a massive food fight or water fight                                    |
| <input type="checkbox"/> Camp out-in the house or yard                          | <input type="checkbox"/> Go on a scavenger hunt; make scavenger hunts for each other                 |
| <input type="checkbox"/> Movie marathon   | <input type="checkbox"/> Spend preset amount of money on each other window shop with "pretend" money |
| <input type="checkbox"/> Go to the zoo  | <input type="checkbox"/> Go to an IMAX film  |
| <input type="checkbox"/> Find a new hobby together                              | <input type="checkbox"/> Take a photography class  |
| <input type="checkbox"/> Go to a concert  | <input type="checkbox"/> Go fishing  |
| <input type="checkbox"/> Have a progressive dinner date night                   | <input type="checkbox"/> Build a fire to make smores   |
| <input type="checkbox"/> Put a puzzle together                                  | <input type="checkbox"/> Rent a favorite movie the other has not seen                                |
| <input type="checkbox"/> Find a drive-in movie or have your own in the backyard | <input type="checkbox"/> Star gaze/to the Aquarium   |
| <input type="checkbox"/> Find a way to serve together                           | <input type="checkbox"/> Fly a kite together   |
| <input type="checkbox"/> Go on walks  | <input type="checkbox"/> Ride go-carts   |
| <input type="checkbox"/> Play on a playground                                   | <input type="checkbox"/> Build something together  |
| <input type="checkbox"/> Work in the yard/garden                                | <input type="checkbox"/> Go to a sporting event  |
| <input type="checkbox"/> Go through old pictures, share wonderful memories      | <input type="checkbox"/> Run through the sprinkler   |
| <input type="checkbox"/> Put together your family tree                          | <input type="checkbox"/> Do day trips to small towns   |
| <input type="checkbox"/> Go on a road trip                                      | <input type="checkbox"/> Ride bikes or trail hike  |
| <input type="checkbox"/> Try a new restaurant                                   | <input type="checkbox"/> Go bird watching  |
| <input type="checkbox"/> Meet a new neighbor; bring them goodies you baked      | <input type="checkbox"/> Start collecting something  |
| <input type="checkbox"/> Go roller-skating                                      | <input type="checkbox"/> Make a list of compliments to share with each other                         |
| <input type="checkbox"/> Play putt-putt golf                                    |  |
| <input type="checkbox"/> Go horseback riding                                    |  |
| <input type="checkbox"/> People watch at the mall                               |  |
| <input type="checkbox"/> Eat on your good china                                 |  |

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