

# Twelve Tips for Making Time

## Ways for couples to increase emotional intimacy:

1. Do chores together, fix dinner together, exercise together.
2. Plan themed dinners at home such as western night. Include dressing up, themed meals and a movie.
3. Schedule relationship enhancement meetings.
4. Focus on improving quality time together and not just focus on quantity time.
5. “Biggest Schmooser Challenge.” Pick a start and end date where each person loves on their partner and spoil them like crazy. Have family or friends determine the winner.
6. Read relationship books together, discuss and practice what you learn.
7. Take part in relationship encounter workshops.
8. Trade services you can provide family or friends for babysitting.
9. Start a babysitting co-op with trusted church members, friends, neighbors or parents at school.
10. Take a vacation or cruise that has kid’s clubs or activities.
11. Kidnap your partner after work for a surprise date.
12. Keep notes on “Relationship Reminders” citing specific details about your partner’s day and check in with them.