



52 Dates in ♡ 52 Weeks

145 DATE NIGHT IDEAS!

WEEKLY PLANNER FOR COUPLES



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Getting Started

Congratulations, you are in love! You deserve to have more fun, playful moments in the midst of your busy life.

Dates are great for relationship health. Consistent connection is what makes love last in the long-run. World-renown relationship expert, Dr. John Gottman says,

“In love, it’s the small things done often that make all the difference.”

Planning date nights isn’t hard, but it does take a little bit of organization. Adventures and romance sometimes take a back burner as the weekend gets swallowed up by other things.

I’ve put this planner together to make it super easy for the two of you to avoid getting into a rut. Working through this workbook can be your very first date. It’s designed more as a game than a planner. You’ll have fun rating your date ideas and then comparing answers to come up with your plans. The best part is that once you complete this, you’ll have all the planning done for the entire year.

52 Dates in 52 Weeks walks you through exactly how to (1) *Be inspired to do new activities* (2) *Collaborate so that you both are excited about the activities* and (3) *Mark your calendars to make sure you follow through with the ideas you both love.*

The Date Idea Lists are divided into 4 categories:

- ▶ Weekly Dates
- ▶ Monthly Dates
- ▶ Bucket List
- ▶ Conversation Starters

Have fun!

XOXO,

Laura



How to Use This Planner

This planner is divided into 3 parts.

The [Inspiration Section](#) provides long lists of weekly, monthly and bucket list ideas so that you can start having more fun doing new, creative things. The [Collaboration Section](#) walks you and your partner through a rating system to make sure you're both enthusiastic about your plan. The [Implementation Section](#) is based on the concept that, "If it's not on your calendar, it won't happen."

Step 1: Inspiration

The first step is inspiration. The checklists simply give you ideas to bounce off.

You start by each completing the checklists on your own. There are two long lists of activities. The mini dates are dates that take little prep time and money, and the big dates are things you do less frequently, requiring varying amounts of planning and money. You'll notice there is a huge range of different kinds of activities. Some of them are exotic adventures and some of them are ideas about interesting conversations to have that have nothing to do with day to day household management.

As you're completing the checklist, don't worry about whether or not the item is feasible, we'll get to that later.

Step 2: Collaboration

The second step is collaboration

The whole point of going out on dates is to keep your relationship strong. It makes logical sense that it's worth making sure both of you are enthusiastic about your plan. You might be surprised to learn new things about your partner. In this step you'll be finding out where your interests overlap by following the simple scoring system described in the instructions.

Step 3: Implementation

The third step is implementation.

It's universally understood in the field of productivity that, "If you don't put it in your calendar, it won't happen." There are so many things competing for your time, so you have to carve out space for your primary relationship. Also, some dates require logistical steps, such as making reservations, setting up child care or purchasing supplies. There is space to note "action steps" to be clear about who is going to take care of the different things that might need to be set up.

ENJOY

Once everything is planned out for the year, you're all done! Just enjoy your weekly date. The best part is that you don't have to put any more thought into this until next year!

Instructions

Step 1: Inspiration

1. Separate the 2 copies of the Date Idea Checklists. Make sure you have all four lists: Weekly Dates, Monthly Dates, Conversation Starters and Bucket List Ideas.
2. Write your name on your lists.
3. Rate each date idea item using these criteria.
 - ▶ Love the idea = 3
 - ▶ Like the idea = 2
 - ▶ Willing to try it at least once = 1
 - ▶ Hate the idea enough to veto it = X

Step 2: Collaboration

1. Come back together and compare your answers item by item. Have fun with this step and discuss and take notes about your reactions or additions to the ideas.
2. Combine your two scores and mark the sum in the “combined score” column.
3. Circle the highest scoring items.
4. Categorize each circled item into the Date Idea Sorter by choosing one of the 3 boxes: Weekly, Monthly and Bucket List (Save Conversation Starters for later).

Step 3: Implementation

1. Use the 52 Dating Organizer to schedule your 52 dates.
2. Look up dates of prior commitments to avoid double booking.
3. Aim for 1 monthly date and three 3 weekly dates each month. You can repeat your favorite items as often as you wish.
4. Add a conversation starter to any date that is conducive to conversation.
5. Discuss the feasibility of scheduling 1 of your bucket list items within the next 12 months. If not this year, talk about your long-range plans.

Date Idea Checklists

Step 1: Inspiration

Name: _____

Instructions: Rate each date idea

Love it!	3 Points
Like it	2 Points
Willing to do at least once	1 Points
Veto	X

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

1. Watch one of your all time favorite movies on Netflix	3	2	1	X	_____
2. Play a board game	3	2	1	X	_____
3. Go for a walk	3	2	1	X	_____
4. Go for a hike	3	2	1	X	_____
5. Go for a run	3	2	1	X	_____
6. Go for a bike ride	3	2	1	X	_____
7. Play basketball	3	2	1	X	_____
8. Play a racket sport	3	2	1	X	_____
9. Go swimming together	3	2	1	X	_____
10. Search youtube for a yoga class	3	2	1	X	_____
11. Take a drive without a destination	3	2	1	X	_____
12. Take turns serving breakfast in bed for one another	3	2	1	X	_____
13. Romantic dinner at home - cooking together	3	2	1	X	_____
14. Romantic dinner at home - ordering take out	3	2	1	X	_____
15. Write a poems or love notes for one another	3	2	1	X	_____
16. Choose a book to read together	3	2	1	X	_____

Date Idea Checklist

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

17. Work out together	3	2	1	X	_____
18. Go to a cafe	3	2	1	X	_____
19. Go to a farmers market	3	2	1	X	_____
20. Go to a thrift store	3	2	1	X	_____
21. Have a picnic in the park	3	2	1	X	_____
22. Play a computer or video game	3	2	1	X	_____
23. Take a bath or shower together	3	2	1	X	_____
24. Play "Truth or dare"	3	2	1	X	_____
25. Play "Never have I ever"	3	2	1	X	_____
26. Give one another massages	3	2	1	X	_____
27. Make love in a new way	3	2	1	X	_____
28. Hug or kiss for a solid 30 seconds without any expectation of it "leading to something more"	3	2	1	X	_____
29. Bake together	3	2	1	X	_____
30. Turn out the lights and talk by only candle light	3	2	1	X	_____
31. Share your favorite music with one another	3	2	1	X	_____
32. Meditate together	3	2	1	X	_____
33. Make a scrapbook	3	2	1	X	_____
34. Exchange greeting cards expressing what you love about one another	3	2	1	X	_____
35. Take the day off in the middle of the week to stay in together	3	2	1	X	_____
36. Go to the mall	3	2	1	X	_____
37. Get up early to watch the sun rise	3	2	1	X	_____
38. Find a scenic location to watch the sun set	3	2	1	X	_____
39. Plan an anniversary celebration and put it on the calendar	3	2	1	X	_____
40. Play cards	3	2	1	X	_____

Date Idea Checklist

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

41. Grab romantic moments during family activities	3	2	1	X	_____
42. Run errands together	3	2	1	X	_____
43. Have a postcard-writing party	3	2	1	X	_____
44. Do household chores together while	3	2	1	X	_____
blarin your favorite tunes					
45. Take a 3 hour vacation from tech	3	2	1	X	_____
46. Take a 12 hour vacation from tech	3	2	1	X	_____
47. Gratitude Marathon (express 12 appreciations	3	2	1	X	_____
in the next 24 hours via text, notes, or cards)					
48. Watch your wedding video together	3	2	1	X	_____
49. Put together a photo album	3	2	1	X	_____
50. Join a book club	3	2	1	X	_____
51. Go window shopping	3	2	1	X	_____
52. Go to a bakery and impulse buy	3	2	1	X	_____
53. Visit a farm and sample their fresh ice cream	3	2	1	X	_____
54. Join your partner in one of their favorite hobbies	3	2	1	X	_____
55. Road trip to to a city you haven't visited yet	3	2	1	X	_____
56. _____	3	2	1	X	_____
57. _____	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

1. Go out to dinner at a new restaurant	3	2	1	X	_____
2. Go out to dinner to one of your favorite places	3	2	1	X	_____
3. Go to the movies	3	2	1	X	_____
4. Go to an art museum	3	2	1	X	_____
5. Go to an arcade	3	2	1	X	_____
6. Brunch at one of your favorite places	3	2	1	X	_____
7. Brunch somewhere new	3	2	1	X	_____
8. Volunteer together	3	2	1	X	_____
9. Play laser tag	3	2	1	X	_____
10. Take an art/pottery class together	3	2	1	X	_____
11. Take a dance class together	3	2	1	X	_____
12. Take a film class together	3	2	1	X	_____
13. Take in improv class	3	2	1	X	_____
14. Attend a poetry reading	3	2	1	X	_____
15. Sing karaoke	3	2	1	X	_____
16. Attend a writing workshop	3	2	1	X	_____
17. Go horseback riding	3	2	1	X	_____
18. Go on a double date with friends	3	2	1	X	_____
19. Go antiquing	3	2	1	X	_____
20. Go out for dessert	3	2	1	X	_____
21. Go to a concert	3	2	1	X	_____
22. Go camping	3	2	1	X	_____
23. Go to a bed and breakfast for the weekend	3	2	1	X	_____
24. Get a couples massage	3	2	1	X	_____
25. Go to a spa	3	2	1	X	_____
26. Go to an amusement park	3	2	1	X	_____
27. Go to the beach	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

28. Go to a sporting event	3	2	1	X	_____
29. Go to the opera	3	2	1	X	_____
30. Go to the ballet	3	2	1	X	_____
31. Go to the theater	3	2	1	X	_____
32. Comedy club	3	2	1	X	_____
33. Go boating	3	2	1	X	_____
34. Go to a batting cage	3	2	1	X	_____
35. Play mini golf	3	2	1	X	_____
36. Play golf	3	2	1	X	_____
37. Hire a photographer for a photoshoot	3	2	1	X	_____
38. Sign up for an athletic competition and train for it together	3	2	1	X	_____
39. Go to a tourist event in your own town	3	2	1	X	_____
40. Go to a water park	3	2	1	X	_____
41. Go out dancing	3	2	1	X	_____
42. Go on a train ride	3	2	1	X	_____
43. Go to a festival	3	2	1	X	_____
44. Go to a wildlife reserve	3	2	1	X	_____
45. Go to the zoo	3	2	1	X	_____
46. Go to an "Escape the Room"	3	2	1	X	_____
47. Go to an aquarium	3	2	1	X	_____
48. Trivia night	3	2	1	X	_____
49. Get tattoos together	3	2	1	X	_____
50. Re-affirm your vows privately or publicly	3	2	1	X	_____
51. Drive in movie	3	2	1	X	_____
52. Go back to the place where you had your first kiss	3	2	1	X	_____
53. Go to an orchard to pick your own fruits of vegetables	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

54. Join a local sports league (ie volleyball, ultimate frisbee)	3	2	1	X	_____
55. Go to a wine tasting	3	2	1	X	_____
56. Go to a microbrewery	3	2	1	X	_____
57. Go to a psychic reading	3	2	1	X	_____
58. Take a tour of a chocolate factory	3	2	1	X	_____
59. Go snorkeling	3	2	1	X	_____
60. Go to an open mic night	3	2	1	X	_____
61. _____	3	2	1	X	_____
62. _____	3	2	1	X	_____

Bucket List Ideas

1. Go sky diving	3	2	1	X	_____
2. Go scuba diving	3	2	1	X	_____
3. Take a hot air balloon ride	3	2	1	X	_____
4. Go bungee jumping	3	2	1	X	_____
5. Climb Mount Everest	3	2	1	X	_____
6. Drive race-cars	3	2	1	X	_____
7. Visit a national rainforest	3	2	1	X	_____
8. Go to a national park	3	2	1	X	_____
9. Go to an elephant sanctuary	3	2	1	X	_____
10. Go to the Olympics	3	2	1	X	_____
11. Go to the Super Bowl	3	2	1	X	_____
12. Be in the studio audience of a T.V. production	3	2	1	X	_____
13. Go to Europe	3	2	1	X	_____
14. Go to Australia	3	2	1	X	_____
15. Go to the Middle East	3	2	1	X	_____

Date Idea Checklist

Bucket List Ideas

Combined Score
(Leave Blank until
Step 2)

16. Go to Africa	3	2	1	X	_____
17. Go to Asia	3	2	1	X	_____
18. Go to North America	3	2	1	X	_____
19. Go to South America	3	2	1	X	_____
20. Go to a new region on your own continent	3	2	1	X	_____
21. _____	3	2	1	X	_____
22. _____	3	2	1	X	_____

Conversation Starters

1. Check in about your week, asking open-ended questions.	3	2	1	X	_____
2. Discuss at least 5 things you admire about one another.	3	2	1	X	_____
3. Discuss at least 5 reasons you are lucky to have one another in your lives.	3	2	1	X	_____
4. Ask one another questions about their future life goals, hopes and dreams.	3	2	1	X	_____
5. Share 5 new things you don't know about each other.	3	2	1	X	_____
6. Brainstorm ways to add romantic elements to a holiday you already celebrate.	3	2	1	X	_____
7. Brainstorm home improvement projects.	3	2	1	X	_____
8. Revisit your bucket list items and brainstorm more ideas.	3	2	1	X	_____
9. Reminisce about the day you first met.	3	2	1	X	_____
10. Share 3 things you are most proud of.	3	2	1	X	_____
11. _____	3	2	1	X	_____
12. _____	3	2	1	X	_____

Date Idea Checklist

Step 1: Inspiration

Name: _____

Instructions: Rate each date idea

Love it!	3 Points
Like it	2 Points
Willing to do at least once	1 Points
Veto	X

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

- | | 3 | 2 | 1 | X | |
|--|---|---|---|---|-------|
| 1. Watch one of your all time favorite movies on Netflix | | | | | _____ |
| 2. Play a board game | | | | | _____ |
| 3. Go for a walk | | | | | _____ |
| 4. Go for a hike | | | | | _____ |
| 5. Go for a run | | | | | _____ |
| 6. Go for a bike ride | | | | | _____ |
| 7. Play basketball | | | | | _____ |
| 8. Play a racket sport | | | | | _____ |
| 9. Go swimming together | | | | | _____ |
| 10. Search youtube for a yoga class | | | | | _____ |
| 11. Take a drive without a destination | | | | | _____ |
| 12. Take turns serving breakfast in bed for one another | | | | | _____ |
| 13. Romantic dinner at home - cooking together | | | | | _____ |
| 14. Romantic dinner at home - ordering take out | | | | | _____ |
| 15. Write a poems or love notes for one another | | | | | _____ |
| 16. Choose a book to read together | | | | | _____ |

Date Idea Checklist

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

17. Work out together	3	2	1	X	_____
18. Go to a cafe	3	2	1	X	_____
19. Go to a farmers market	3	2	1	X	_____
20. Go to a thrift store	3	2	1	X	_____
21. Have a picnic in the park	3	2	1	X	_____
22. Play a computer or video game	3	2	1	X	_____
23. Take a bath or shower together	3	2	1	X	_____
24. Play "Truth or dare"	3	2	1	X	_____
25. Play "Never have I ever"	3	2	1	X	_____
26. Give one another massages	3	2	1	X	_____
27. Make love in a new way	3	2	1	X	_____
28. Hug or kiss for a solid 30 seconds without any expectation of it "leading to something more"	3	2	1	X	_____
29. Bake together	3	2	1	X	_____
30. Turn out the lights and talk by only candle light	3	2	1	X	_____
31. Share your favorite music with one another	3	2	1	X	_____
32. Meditate together	3	2	1	X	_____
33. Make a scrapbook	3	2	1	X	_____
34. Exchange greeting cards expressing what you love about one another	3	2	1	X	_____
35. Take the day off in the middle of the week to stay in together	3	2	1	X	_____
36. Go to the mall	3	2	1	X	_____
37. Get up early to watch the sun rise	3	2	1	X	_____
38. Find a scenic location to watch the sun set	3	2	1	X	_____
39. Plan an anniversary celebration and put it on the calendar	3	2	1	X	_____
40. Play cards	3	2	1	X	_____

Date Idea Checklist

Weekly Date Ideas

Combined Score
(Leave Blank until
Step 2)

41. Grab romantic moments during family activities	3	2	1	X	_____
42. Run errands together	3	2	1	X	_____
43. Have a postcard-writing party	3	2	1	X	_____
44. Do household chores together while	3	2	1	X	_____
blarin your favorite tunes					
45. Take a 3 hour vacation from tech	3	2	1	X	_____
46. Take a 12 hour vacation from tech	3	2	1	X	_____
47. Gratitude Marathon (express 12 appreciations	3	2	1	X	_____
in the next 24 hours via text, notes, or cards)					
48. Watch your wedding video together	3	2	1	X	_____
49. Put together a photo album	3	2	1	X	_____
50. Join a book club	3	2	1	X	_____
51. Go window shopping	3	2	1	X	_____
52. Go to a bakery and impulse buy	3	2	1	X	_____
53. Visit a farm and sample their fresh ice cream	3	2	1	X	_____
54. Join your partner in one of their favorite hobbies	3	2	1	X	_____
55. Road trip to to a city you haven't visited yet	3	2	1	X	_____
56. _____	3	2	1	X	_____
57. _____	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

1. Go out to dinner at a new restaurant	3	2	1	X	_____
2. Go out to dinner to one of your favorite places	3	2	1	X	_____
3. Go to the movies	3	2	1	X	_____
4. Go to an art museum	3	2	1	X	_____
5. Go to an arcade	3	2	1	X	_____
6. Brunch at one of your favorite places	3	2	1	X	_____
7. Brunch somewhere new	3	2	1	X	_____
8. Volunteer together	3	2	1	X	_____
9. Play laser tag	3	2	1	X	_____
10. Take an art/pottery class together	3	2	1	X	_____
11. Take a dance class together	3	2	1	X	_____
12. Take a film class together	3	2	1	X	_____
13. Take in improv class	3	2	1	X	_____
14. Attend a poetry reading	3	2	1	X	_____
15. Sing karaoke	3	2	1	X	_____
16. Attend a writing workshop	3	2	1	X	_____
17. Go horseback riding	3	2	1	X	_____
18. Go on a double date with friends	3	2	1	X	_____
19. Go antiquing	3	2	1	X	_____
20. Go out for dessert	3	2	1	X	_____
21. Go to a concert	3	2	1	X	_____
22. Go camping	3	2	1	X	_____
23. Go to a bed and breakfast for the weekend	3	2	1	X	_____
24. Get a couples massage	3	2	1	X	_____
25. Go to a spa	3	2	1	X	_____
26. Go to an amusement park	3	2	1	X	_____
27. Go to the beach	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

28. Go to a sporting event	3	2	1	X	_____
29. Go to the opera	3	2	1	X	_____
30. Go to the ballet	3	2	1	X	_____
31. Go to the theater	3	2	1	X	_____
32. Comedy club	3	2	1	X	_____
33. Go boating	3	2	1	X	_____
34. Go to a batting cage	3	2	1	X	_____
35. Play mini golf	3	2	1	X	_____
36. Play golf	3	2	1	X	_____
37. Hire a photographer for a photoshoot	3	2	1	X	_____
38. Sign up for an athletic competition and train for it together	3	2	1	X	_____
39. Go to a tourist event in your own town	3	2	1	X	_____
40. Go to a water park	3	2	1	X	_____
41. Go out dancing	3	2	1	X	_____
42. Go on a train ride	3	2	1	X	_____
43. Go to a festival	3	2	1	X	_____
44. Go to a wildlife reserve	3	2	1	X	_____
45. Go to the zoo	3	2	1	X	_____
46. Go to an "Escape the Room"	3	2	1	X	_____
47. Go to an aquarium	3	2	1	X	_____
48. Trivia night	3	2	1	X	_____
49. Get tattoos together	3	2	1	X	_____
50. Re-affirm your vows privately or publicly	3	2	1	X	_____
51. Drive in movie	3	2	1	X	_____
52. Go back to the place where you had your first kiss	3	2	1	X	_____
53. Go to an orchard to pick your own fruits of vegetables	3	2	1	X	_____

Date Idea Checklist

Monthly Date Ideas

Combined Score
(Leave Blank until
Step 2)

54. Join a local sports league (ie volleyball, ultimate frisbee)	3	2	1	X	_____
55. Go to a wine tasting	3	2	1	X	_____
56. Go to a microbrewery	3	2	1	X	_____
57. Go to a psychic reading	3	2	1	X	_____
58. Take a tour of a chocolate factory	3	2	1	X	_____
59. Go snorkeling	3	2	1	X	_____
60. Go to an open mic night	3	2	1	X	_____
61. _____	3	2	1	X	_____
62. _____	3	2	1	X	_____

Bucket List Ideas

1. Go sky diving	3	2	1	X	_____
2. Go scuba diving	3	2	1	X	_____
3. Take a hot air balloon ride	3	2	1	X	_____
4. Go bungee jumping	3	2	1	X	_____
5. Climb Mount Everest	3	2	1	X	_____
6. Drive race-cars	3	2	1	X	_____
7. Visit a national rainforest	3	2	1	X	_____
8. Go to a national park	3	2	1	X	_____
9. Go to an elephant sanctuary	3	2	1	X	_____
10. Go to the Olympics	3	2	1	X	_____
11. Go to the Super Bowl	3	2	1	X	_____
12. Be in the studio audience of a T.V. production	3	2	1	X	_____
13. Go to Europe	3	2	1	X	_____
14. Go to Australia	3	2	1	X	_____
15. Go to the Middle East	3	2	1	X	_____

Date Idea Checklist

Bucket List Ideas

Combined Score
(Leave Blank until
Step 2)

16. Go to Africa	3	2	1	X	_____
17. Go to Asia	3	2	1	X	_____
18. Go to North America	3	2	1	X	_____
19. Go to South America	3	2	1	X	_____
20. Go to a new region on your own continent	3	2	1	X	_____
21. _____	3	2	1	X	_____
22. _____	3	2	1	X	_____

Conversation Starters

1. Check in about your week, asking open-ended questions.	3	2	1	X	_____
2. Discuss at least 5 things you admire about one another.	3	2	1	X	_____
3. Discuss at least 5 reasons you are lucky to have one another in your lives.	3	2	1	X	_____
4. Ask one another questions about their future life goals, hopes and dreams.	3	2	1	X	_____
5. Share 5 new things you don't know about each other.	3	2	1	X	_____
6. Brainstorm ways to add romantic elements to a holiday you already celebrate.	3	2	1	X	_____
7. Brainstorm home improvement projects.	3	2	1	X	_____
8. Revisit your bucket list items and brainstorm more ideas.	3	2	1	X	_____
9. Reminisce about the day you first met.	3	2	1	X	_____
10. Share 3 things you are most proud of.	3	2	1	X	_____
11. _____	3	2	1	X	_____
12. _____	3	2	1	X	_____

The Silverstein Sorting System

Step 2: Collaboration

Now is the fun part. Sit down together with your checklists and compare answers. This is your opportunity to learn more about one another and to practice your compromise skills using the following collaboration strategy:

Check List Instructions

Instructions for how to identify the date ideas **you are both passionate about**:

1. Come back together and compare your answers item by item. Have fun with this step and discuss and take notes about your reactions or additions to the ideas.
2. Combine your scores and mark the sum in the "combined score" column.
3. Circle the highest scoring items.

Date Idea Sorter Instructions

Categorize each circled item into the Date Idea Sorter by choosing one of the 3 boxes.

- ▶ **Weekly Date Ideas:** These can be done with little or no money and are the quickest and easiest route to increased relationship happiness.
- ▶ **Monthly Date Ideas:** These items are feasible, but take some planning and resources. These items can be done 1-12 times per year.
- ▶ **Bucket List:** This is your invitation to dream big and find out what you'd like to do together before you kick the bucket.

* Save Conversation Starters for later

NOTE: Everyone's situation is different, so adjust the categories accordingly. For example, some couples might go out to dinner weekly instead of monthly and others might already have a monthly sky-diving routine :)

The Silverstein Sorting System is a tried and true method (Sample size 4, Replicated countless times) that was created by my amazing husband, Dr. Michael Silverstein. Originally designed as a pet-naming tool, it has subsequently been altered for things like choosing a family movie or Sunday afternoon activity and ultimately perfected as a Date Night Planning Tool.

Date Idea Sorter

WEEKLY DATES

— Monthly Dates —

— Bucket List —

52 Date Organizer

Step 3: Implementation

Now it's time to make sure these awesome ideas actually happen! Use the following 52 Date Organizer to plan how and when you are going to turn these ideas into reality. Before you begin, consolidate other calendars to avoid double booking.

Instructions:

1. Start with items that are date-dependent such as movie releases or seasonal activities, then progress to monthly dates, weekly dates and conversation starters. You can repeat your favorite items as often as you wish.
2. Choose a date for the chosen activity and locate the corresponding box on the Date Idea Sorter (see example below)
3. Discuss action items that need to be taken prior to your date such as making reservations, purchasing tickets or setting up child or pet care.
4. Complete the rest of the form indicating who will be responsible for each action item.
5. For maximum benefit, choose a Conversation Starter from page [look up page] for all the activities that are conducive to discussion

Example:

Week 1 Date: <u>01-13</u>	
Activity: <u>Go out to brunch</u>	Conversation: <u>3 Things we're proud of</u>
To-Do: <u>Make Reservation</u>	Initials: <u>LS</u>
To-Do: <u>Schedule Becky</u>	Initials: <u>MS</u>

52 Date Organizer

January

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

February

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

March

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

April

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

May

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

June

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

July

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

August

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

September

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

October

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

November

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

52 Date Organizer

December

Week 1 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 2 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 3 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____

Week 4 Date: _____

Activity: _____ Conversation: _____

To-Do: _____ Initials: _____

To-Do: _____ Initials: _____



Congratulations

Congrats, you're done! Now you have a weekly date planned for an entire year. You can now look forward to sharing good times and making new memories.

Good job prioritizing your happy healthy relationship!

Author's Bio:

Laura Silverstein, LCSW is a certified couples therapist with over 28 years of experience helping couples build connections and find happiness. She specializes in communication skills training with specific passion for compromise and joint decision-making.

References:

The recommendations of this workbook are based on research of [The Gottman Institute](#), combined with strategies that have been successful in helping thousands of couples solve problems and make decisions together and find more joy in their lives.

Ms. Silverstein is Certified in [The Gottman Method of Couples Therapy](#), and is an active contributor to their research team.

