

# **Babe, I'm Taking Notes**

**A Not-Too-Serious Journal for Laughing, Loving & Actually Talking  
to Each Other**

# Babe, I'm taking notes

## A funny, flirty interactive journal for two (By Luna Skye)

### 2-Minute Pre-Date Warm-Up

Arrive like it's a tiny date: five minutes phones face-down, eyebrow energy up. Start with a five-second **Eskimo kiss** and end with another - call it the kiss tax. Talk like teammates with main-character charisma: **we > me**. Tonight's vibe is whatever you say out loud, Talk, Plan, Play, Affection, Flirt. No forms, no picking, just name it and go. Say these out loud (no writing needed): "Tonight we'll protect..." and promise something tiny (five quiet minutes, a no-phones check-in, or a real goodbye hug). "I'm craving more..." and name time, touch, or space.

**Flirt signals** you can do without words:

**Hand squeeze** = "with you." **Eyebrow wiggle** = "flirt break." **Mug tap** = "refill, please."

## #DateNotes - 7-Day Flirt Challenge (post tiny, keep private stuff private)

Each day, share **\*\*one tiny, non-private moment**, \*\*a corner of a page, your mugs, matching socks, a doodle. Use tags:  
#BabelmTakingNotes #PillowTalk #TeamUs  
#FirstDateEnergy.

**Day 1 - First-Date Energy:** Set a five-second Eskimo kiss timer (phone = timer, not camera) and post your cozy setup, the candle, the mugs, the socks that accidentally match.

**Day 2 - Same Team:** Catch a team moment and tell the story in one sentence; bonus points if it ends with “somehow we made it cute.”

**Day 3 - Love-Language Remix:** Do the opposite of your default (words/time/touch/help/giftlet) badly but adorably; share the funniest part.

**Day 4 - Budget Date Flex:** Show a date idea, under balcony picnic, sunset walk, gelato taste-test, two-song dance in the kitchen.

**Day 5 - *Calm + Flirt*:** Take three breaths together; post a one-word check-in and one line of appreciation.

**Day 6 - *Inside Joke Day*:** Post the prop of the joke with zero context. Let the mystery be the joke.

**Day 7 - *Micro-Plan*.** Declare next week's micro-plan in one line: what, when, who starts. Example: "Thu 20:00, slow dance in kitchen." Caption examples you can copy-paste: "Vibe: Play. Needed more: Touch. Win: Found the good spoon." "We breathed. We laughed. We're keeping the couch kingdom." "Same team. New joke. Energy restored."

**Privacy & consent:** share objects, not secrets. Ask first, then post. Keep the romance; skip the therapy spoilers.

# How to Use This Interactive Journal

- **Open** in the free Adobe Acrobat Reader (Windows/Mac/iOS/Android).
- Click on the **blue boxes** to type. Use Tab to move to the next line.
- Your entries are **saved** when you hit Save.
- Tip: Apple Preview and some browser viewers may not save form data reliably. To avoid issues, use Adobe Acrobat Reader.
- ***This file is for personal use only – do not redistribute or upload online.***

Prompt 1:

**What made you laugh today?**

Prompt 2:

**Something small I noticed about you lately...**

Prompt 3:

**One thing I love about how we communicate is...**



Prompt 4:

**What's one thing we could do more of together?**

Prompt 5:

**Let's talk about that thing we've been avoiding:**

Prompt 6:

**You surprised me recently when you...**

Prompt 7:

**What do you want more of, time, touch, space?**

Prompt 8:

**Something I've wanted to ask but haven't yet:**

Prompt 9:

**Our favorite weird habit as a couple is...**

Prompt 10:

**How can I support you better this week?**

Prompt 11:

**What would you want us to explore together?**



Prompt 12:

**When was the last time we felt totally in sync?**

Prompt 13:

**What made you laugh today?**

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Prompt 24:

## When was the last time we felt totally in sync?

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