

7-Day Date Night Reset Plan

Reconnect and reignite your love.

Introduction

If your relationship feels a little... flat lately?
You're not alone.

Routine is comfortable—but it's also where attraction slowly dies.

This isn't about grand gestures.
It's about small, intentional shifts that bring the energy back.

Seven days. No pressure. Just try it.

The 7-Day Plan

Day 1: No Phone Night

Put away your phones and other devices for the evening. Spend time talking, listening, and truly connecting with each other. Maybe play a board game, tell each other stories, or just cuddle on the couch.

Day 2: Recreate Your First Date

Relive the magic of your first date! Go to the same restaurant, watch the same movie, or visit the same spot where you first met. Reminisce about the early days of your relationship and how far you've come.

Day 3: Try Something New

New recipe. New place. New activity. New = energy.

If you are having a hard time thinking of something new, I think you know what to do, grab my book *1,001 Dating Ideas*.

Day 4: Physical Connection Reset

Massage. Cuddling. Touch without distraction. Oh, and you know I have a ton of games for that. I think I should be making some dice soon.
Slow it down.

Day 5: Surprise Element

Plan something they don't expect.
Doesn't have to be big, just intentional.

Day 6: Get Dressed Up and Go Out!

Make a reservation for dinner and get dressed up in some fancy clothes. Spend time making conversation and enjoying the evening.

Day 7: Write Love Letters

Take some time to write heartfelt love letters to each other. Express your feelings, share your appreciation, and remind your partner why you love them. These letters will be cherished keepsakes for years to come.

Some starters:

- What I love about you is...
- My favorite memory together is...
- You make me feel...

After writing the letters, consider these discussion topics:

- What are your biggest takeaways from the past week?
- What are some small things we can do to maintain connection?
- How do we want our relationship to grow together?

Your Dating UnExpert Advice

You don't need a new relationship.
You need new energy in the one you have.