

THE HONEYMOON RESET

QUESTIONS + CHALLENGES TO REIGNITE YOUR



REMEMBER THOSE EARLY DAYS WHEN EVERYTHING ABOUT YOUR PARTNER FELT NEW, EXCITING, AND ELECTRIC? SCIENCE SHOWS THAT SPARK NATURALLY SHIFTS OVER TIME, BUT IT DOESN'T HAVE TO FADE AWAY COMPLETELY. WITH THE RIGHT PROMPTS AND INTENTIONAL MOMENTS, YOU CAN CREATE FRESH HONEYMOON VIBES IN YOUR EVERYDAY LIFE.

This guide gives you:

- 📝 Reflection Questions to stretch your perspective and reconnect
- 🎲 Would You Rather Questions to make things fun and light again
- 🔧 Two Practical Challenges you can actually do this week

Use this as a date night guide, a journaling tool, or a playful spark reset whenever you need it.

REFLECTION QUESTIONS

TAKE TIME TO ANSWER HONESTLY. USE THEM AS CONVERSATION STARTERS OR PERSONAL JOURNALING PROMPTS.

1. What is something you crave or miss the most from your early days together?
2. What is something you treasure now that you'd never trade for those early days?
3. What is something you take for granted now that would have blown your mind earlier on?
4. What's a dynamic about your relationship now that younger you only dreamt about?
5. What is something you're more focused on missing than on appreciating in your partner?
6. Have I started assuming I know everything about my partner instead of staying curious?
7. When was the last time I genuinely celebrated my partner instead of correcting/criticising?
8. Do I filter for flaws more than I filter for spark?

WOULD YOU RATHER QUESTIONS

IF THE REFLECTION QUESTIONS ABOVE FEEL A LITTLE TOO HEAVY OR SERIOUS RIGHT NOW, THESE LIGHT-HEARTED PROMPTS ARE THE PERFECT ICE BREAKER. THEY'LL GET YOU LAUGHING, SPARK CURIOSITY, AND OFTEN OPEN THE DOOR TO DEEPER CONVERSATIONS WITHOUT THE PRESSURE.

1. Would you rather give up your favourite food or your favourite TV show?
2. Would you rather have the hiccups for the rest of your life or always feel as if you're about to sneeze?
3. Would you rather have a personal theme song that plays whenever you walk into a room or your own laugh track following your jokes?
4. Would you rather be the big spoon or the little spoon?
5. Would you rather have a one-minute conversation with your past self or your future self?

TWO PRACTICAL CHALLENGES

BIG CONVERSATIONS ARE POWERFUL, BUT SOMETIMES IT'S THE SMALL, INTENTIONAL ACTIONS THAT SHIFT THE ENERGY IN A RELATIONSHIP. THAT'S WHY WE'VE INCLUDED TWO SIMPLE CHALLENGES, ONE TO TRY TOGETHER AS A COUPLE, AND ONE YOU CAN DO SOLO IF YOUR PARTNER ISN'T READY (OR IF YOU JUST WANT TO START WITH YOURSELF).

THESE AREN'T ABOUT GRAND GESTURES OR EXPENSIVE TRIPS. THEY'RE ABOUT CREATING MINI HONEYMOON MOMENTS IN THE MIDDLE OF EVERYDAY LIFE, REMINDERS THAT YOUR CONNECTION STILL MATTERS, AND THAT A LITTLE INTENTIONAL SPARK CAN GO A LONG WAY.

ONE-EVENING MINI HONEYMOON (AS A COUPLE)

Create an intentional night this week that feels different from the everyday.

1. Pick one night this week.
2. Change into something that feels good (not your trackies).
3. Spray perfume/cologne to set a sensory anchor.
4. Share a favourite meal, snack, or drink.
5. Put phones/devices away.
6. Use reflective prompts or play "Would You Rather."
7. End with a marker, a long hug, a kiss, or even a dance in the kitchen.

DAILY SOLO SPARK PRACTICE (INDIVIDUAL)

If your partner isn't ready, or you want to start with yourself, try this:

1. Set a 60-second timer each day and reflect on one of these:
2. One little thing I noticed about my partner today.
3. One physical detail I love about them.
4. What they look like when they really laugh.
5. One thing I'm grateful for about them right now.
6. One quality I admired when we first met that I can still see now.

✨ The key: filter for spark, not flaws.

THE HONEYMOON DOESN'T HAVE TO BE OVER. WHETHER YOU TRY ONE QUESTION, ONE SILLY "WOULD YOU RATHER," OR ONE MINI DATE NIGHT, EVERY SMALL STEP IS A FRESH SPARK.

WE'D LOVE TO HEAR HOW IT GOES FOR YOU. SHARE YOUR REFLECTIONS WITH US @HONEYWENEEDTOCHAT.