



## LIFE DINNER EDITION

A “Life Dinner” is a concept taken from a portion of the podcast *The Tim Ferriss Show* (#448). Brad Feld (author of *The Art of Unplugging*) shares a strategy he and his wife employ each month in order to stay connected and take their relationship to a deeper level.



# Plan the Date

You can have a Life Dinner as part of your Great Date Night or you may decide that you, like Brad Feld, intentionally do not want your Life Dinner to be a date night. If that’s the case, make sure to actually schedule an evening with your spouse to have a Life Dinner in the next month. You can reserve a fancy restaurant, head out to a favorite food truck, or plan to cook something together at home. The key is scheduling the date and giving yourselves uninterrupted time together.



# Before the Date

In essence, a Life Dinner is a system for regularly scheduled time to connect, build intimacy, trust, and accountability with the most important person in your life. Life Dinners follow a basic format of a retrospective look at the previous month followed by big picture planning for the upcoming month.

You will be discussing three categories:

- Personal Reflection •
- Relationship •
- Big Picture Planning •

During the conversation, you will need to follow some basic guidelines for the evening.

### Prepare

Reviewing the questions and prompts in advance in order to process your thoughts, emotions, and memories about the last month and begin thinking about your goals and aspirations for the next month.

### Connect

Do not emotionally detach, shut down, or close up while having tough conversations.

### Engage

Be engaged and in the moment by approaching everything from a place of love and by asking thoughtful questions.

### Enjoy

Do not move too quickly through the questions. Give one another time to think and process and to respond to each other.



# The Date

## PERSONAL REFLECTION

### – ON THE PAST MONTH –

Decide who will go first.

Work through the following questions or prompts, being open and vulnerable about your thoughts on how the last month was for you personally. The questions and prompts below are suggestions for guiding the conversation and you may not all be relevant to the past month. You can add your own prompts or ask follow up questions as the conversation allows.

- What was good? What was bad?
- What are you proud of?
- Where are you growing and maturing?
- What are you unhappy about or wish you did differently?
- What do you regret?

## RELATIONSHIP REFLECTION

### – ON THE PAST MONTH –

Decide who will go first.

Work through the following questions or prompts, being open and vulnerable about your thoughts on how the last month was for your relationship. Use the questions from Part 1 to get you started before asking the questions below. You can add your own prompts or ask follow up questions as the conversation allows.

- What is one thing you noticed about me that you love?
- What have you learned about me or about our relationship that you didn’t know before?
- What were the frustrations you felt about me or our relationship that we haven’t talked about yet?

## BIG PICTURE PLANNING

This part of the Life Dinner is not for going through your calendar for the next month. Instead you will be talking through your personal and relationship goals, aspirations, what is making you uncomfortable or anxious about the future, and how you hope to grow in the next month. You can add your own prompts or ask follow up questions as the conversation allows.

- What is causing you anxiety?
- What are you worried about for the future?
- What do we want to improve about our relationship moving forward? How do we want to go about making the improvements?
- What do you want to achieve over the next 4 weeks?
- What change or growth do we want to talk about at the next Life Dinner?



# Next Steps

If you appreciate the intentionality of a Life Dinner with your spouse, then don’t end the dinner without scheduling the next Life Dinner for next month. You will be able to get the most out of Life Dinners if you are able to make it a regular occurrence by scheduling it to occur on the same day each month.

