

When you got engaged, you believed the two of you would make a great *US*. While your *US* may be greater at times than others, it's important to always believe in your *US*. And believing in your *US* begins and ends with believing in each other. That's what this date night is all about—no therapy—just fun and connection and letting your spouse know that you believe in them. Take this date step-by-step, but feel free to customize it to make it work for your unique *US*.

## GROUND RULES

- Take a break from talking about the usual suspects—money, kids, in-laws. This is not a time to take care of checklists, this is time for your *US*.
- Flirt. Be considerate, kind, relaxed, and a great listener. Act as if you are still trying to win him/her over.
- As much as humanly possible, stay off technology. Only text or take a call if it is an emergency. Everyone and everything will be okay. *(People use to leave their homes all the time without phones, and they lived to tell about it.)*
- In many relationships, there is a talker and a non-talker. If you are married to a non-talker, when he/she talks tonight, they might not do it as well as you. So believe the best in them as they find the words.

GET READY



**BEFORE YOU GO,  
PRINT OFF ALL THE  
PAGES IN THIS  
DOCUMENT SO  
YOU'LL HAVE  
EVERYTHING YOU  
NEED.**



**On the way to dinner, or to whatever meal or refreshments you may be eating on this date, play a little game called . . . WHAT DO YOU BELIEVE?**

- Do you believe that the Great Wall of China is the only man-made object you can see from space?
- Do you believe that a space suit costs more than \$20 million dollars?
- Do you believe that Betty White is older than sliced bread?
- Do you believe that a beaver lived without its head for 18 months?
- Do you believe there are more fake flamingos in the world than real flamingos?
- Do you believe that the first time the Chicago Cubs won the World Series, women didn't have the right to vote?
- Do you believe that the national animal of Ireland is the unicorn?
- Do you believe you can't hold your nose and hum?
- Do you believe that every 45 minutes we take more pictures than all of humanity in the 19th century?
- Do you believe that the movie *Titanic* cost more to make than the actual ship (*Titanic*) that sank?

**Once you arrive at dinner, order what you believe your spouse will want. (If you spouse gets it wrong, you get it right by not saying anything about it.)**

As you are waiting for your food, or at the beginning of your meal, each of you fill in the blanks of your FILL-IN-THE BELIEF LETTER. Take 5 or so minutes to fill out the letter and then take turns reading your letters aloud. *(If your spouse's letter is not all you dream it to be, still be thankful for the heart that tried.)*

## DARE ME?

**When you pay for your meal, try to make the server believe something crazy. i.e. how you are related to them, that you have 12 kids, that you are way older or way younger than you are. Then tell them you're kidding and tip until it hurts, and then tip a smidge more. The combination of fun and a good tip makes marriage look good.**

## KEEP IT GOING

Take a couple of the two of you with your fill-in-the-belief letters, then post it using **#mpdates**. (Yes, this is the exception to the rule of staying off of technology.) Also use it for your phone and/or computer wallpaper to remind you that every *US* needs time for fun.

## WHAT DO YOU BELIEVE? Answers:

- 1. Do you believe that the Great Wall of China is the only man-made object you can see from space?**  
You can see loads of man-made objects from space. In fact, the Great Wall of China is actually NOT easily visible from space.  
<http://www.livescience.com/34212-great-wall-of-china-only-manmade-object-visible-from-space.html>
- 2. Do you believe that a space suit costs more than \$20 million dollars?**  
Not quite. While early space suits were made entirely of soft fabrics, today's Extravehicular Mobility Unit (EMU) has a combination of soft and hard components to provide support, mobility, and comfort. The suit itself has 13 layers of material, including an inner cooling garment (two layers), pressure garment (two layers), thermal micrometeoroid garment (eight layers) and outer cover (one layer) all resulting in a cost of \$12 million dollars.  
<http://science.howstuffworks.com/space-suit4.htm>
- 3. Do you think Betty White is older than sliced bread?**  
Yes, Betty White is older than sliced bread. She was born in 1922. Bread had long since been around, mind you, but it wasn't until 1928 that Otto Frederick Rohwedder from Davenport, Iowa was able to successfully create the very first bread-slicing machine.  
<http://www.thecheat.com/rich-list/most-shocking/13-mind-blowing-facts-you-wont-believe-arent-made-up/?view=all>
- 4. Do you believe that a beaver lived without its head for 18 months?**  
No, a beaver did not live without its head for 18 months, but a chicken did. After a farmer failed to properly behead a chicken because he missed the jugular vein, the bird lived for 18 months. Christened Mike the Headless Chicken, it survived on a mixture of milk and water, fed into his exposed esophagus via an eyedropper. The farmer turned Mike into a sideshow attraction, charging 25 cents admission. For a while, Mike earned \$4,500 per month, or the equivalent of \$47,500 today.  
<http://www.buzzfeed.com/jessicamissener/17-facts-that-sound-completely-fake-but-are-actually-true-.r0XJ04rm>
- 5. Do you believe there are more fake flamingos in the world than real flamingos?**  
Ornithologists estimate that there are only 950,000 flamingos in existence today, and the plastic lawn ornaments have been produced well into the millions.  
<http://www.teennewz.com/gallery/6877/15-facts-that-sound-like-lies/72875>
- 6. Do you believe that the first time the Chicago Cubs won the World Series, women didn't have the right to vote?**  
You would be correct. The Chicago Cubs last won the World Series in 1908. Women got the right to vote in 1920.
- 7. Do you believe that the national animal of Ireland is the unicorn?**  
It is not. But a unicorn is the national animal of Scotland. A fictitious creature may seem an odd choice for a country's national animal, but perhaps not for a country famed for its love for and long history of myth and legend, and the unicorn has been a Scottish heraldic symbol since the 12th century.  
<http://www.scotsman.com/heritage/people-places/scottish-fact-of-the-week-scotland-s-official-animal-the-unicorn-1-2564399#ixzz41anVabEf>
- 8. Do you believe you can't hold your nose and hum?**  
Most people cannot. Try it.
- 9. Do you believe that every 45 minutes, we take more pictures than all of humanity in the 19th century?**  
Every 45 minutes is incorrect. The answer is every 2 minutes! Today, there are more than 2.6 billion mobile phones fitted with cameras in the world and it was even revealed that there was in one month a receipt of 6 billion photographs on Facebook.  
<http://www.lesaviezvous.net/society/today-every-two-minutes-people-take-as-many-pictures-as-taken-throughout-the-19th-century.html>
- 10. Do you believe that the movie Titanic cost more to make than the actual ship (Titanic) that sank?**  
If you said yes, you would be correct. The cost to build the ship Titanic was \$7,500,000 (1912 dollars). The cost to make the movie Titanic was \$200,000,000 (1997 dollars).

**DEAR** \_\_\_\_\_,

I believe one the best parts of your personality is

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I believe one of our best moments was

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I believe one of our funniest memories together was

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**LOVE,** \_\_\_\_\_

**DEAR** \_\_\_\_\_,

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**LOVE,** \_\_\_\_\_