

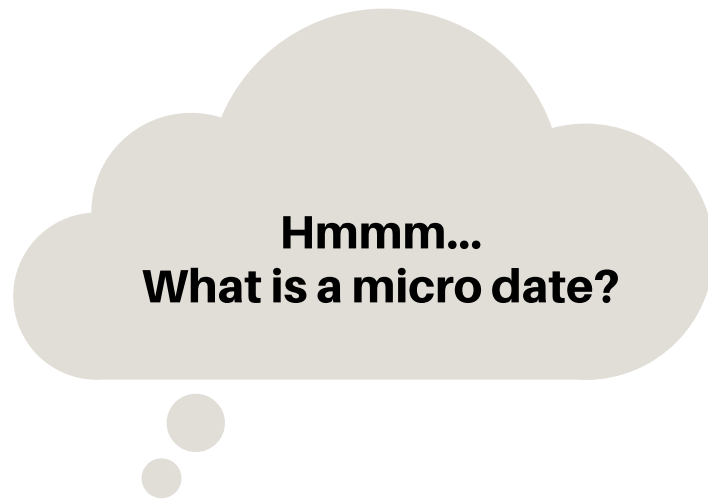
# 75 Micro Dates

to spice up your marriage



By Steve Pare  
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When time and money are tight, how about spicing up your relationship with a “micro date”?



Think of a micro date like a really good spice.

A spice is not a large ingredient, but the impact on flavor is powerful.

A micro date is like that.

A micro date is a little thing that packs a big punch.

A micro date adds romantic flavor and spices things up.

A micro date is a small way to add a big zing into your love life.

So, here is how I recommend you approach this list of 75 ideas...

**1**

Review the list being mindful of what "flavors" you and your spouse may like.

**2**

Pick one idea from the list, only one.

**3**

**Do it today!**

**1. Watch a sunrise**

2. Leave little love notes everywhere

3. Send a loving email

4. Snuggle while watching a romantic movie

**5. Take a moonlit walk**

6. Watch shooting stars

7. Take a long romantic bubble bath together

8. Bring home good coffee or a decadent sweet

9. Peruse a photo album and take a walk down memory lane

10. Make a scrapbook with photos, mementos, and little notes from your life together

**11. Kiss in the rain**

12. Sneak away from a party and make out

13. Ride a Ferris wheel

14. Bring home great take-out, and light some candles

**15. Take a nap together** (*with sleeping optional*)

16. Fix something or fix up the house just to make your spouse happy

17. Slow dance to romantic music

18. Kiss slowly, touching his or her back and neck — slowly

19. Write a love letter on fine stationary

20. Buy flowers for NO reason

21. Go to a movie, ignore the movie, and **make out like teenagers**

22. Take some quiet time and talk about your day

23. Feed each other grapes

24. Paint each other with flavored body paint. Be creative!

25. *Give a little token to your spouse in the morning, and say it's to* **remind him or her all day that you love them**

26. Sing a favorite song to him or her

27. Hold hands, and walk somewhere with lots of pretty lights

28. While your spouse is in the shower, put their bath towel in a hot dryer and then greet them with the toasty towel when they get out

29. Say I love you, in a different language

30. **Compliment your partner in front of your friends** at a party and squeeze his/her hand
31. Have dinner on a roof, with some candles
32. Declare your love, very publicly
33. Snuggle together on a rainy day
34. Prepare strawberries with fondue chocolate
35. **Read poetry together**
36. Send your spouse a thank you text for something you saw them do today
37. Pick wildflowers on the way home
38. Give a full-body massage
39. Cook a romantic dinner at home together, use candles
40. Write a poem

Poems

41. **Kiss the back of your spouse's neck** while he/she is reading

42. Before parting, tell your spouse you can't wait to see him/her again

43. Make your spouse's lunch for the day ... deliver it with a kiss

44. Send your spouse a fax with your special "code words" for I Love You!

45. **Kiss in the elevator** or store aisle when no one is looking

46. Hold hands or play "footsies" under the table

47. Find a reason to touch your spouse when you are in the same room

48. Dig out the wedding album and reminisce

49. Have a "remember when?" moment

50. Play Twister and let yourself laugh out loud



**51. Have a tickle “fight”**

52. What about dancing before dinner? No one's looking

53. Give your spouse a neck or shoulder massage

54. Sit on your spouse's lap or sit them on yours

**55. Touch your spouse's cheek or hand while driving**

56. Take a spin around the gourmet or natural grocery store and taste samples

57. Go fly a kite

58. Buy a tree and plant it as a token of your growing love

59. Find a grassy hill and lie down with your spouse and look up at the clouds

60. Build a bonfire, toast marshmallows and feed them to each other

61. **Give your spouse a foot massage** using peppermint foot lotion

62. Have flowers delivered to your spouse's workplace

63. Visit a park with swings and give your spouse a ride

64. Leave a voice mail message, "Just called to say I love you and am thinking about you."

65. **Draw a picture of a long stem rose and place it where your spouse will find it with a note saying, "I love you."**

66. Mail your spouse an actual card on no special occasion

67. Make eye contact, lots of eye contact, when dining with your spouse

68. Make love for seven nights in a row

**69. Memorize one of Shakespeare's sonnets and recite it to your spouse sincerely**

Sonnets

70. Have a water pistol fight when it is hot out

71. Organize a back yard picnic in the summer

72. Have an indoor picnic by the fireplace in the winter

73. Rent a tandem bike and go for a ride

74. Write a list of 10 things you love about your spouse and read them the list

**75. Watch a sunset**

**Pick ONE**

**DO it!**

**Thank you** so much for downloading and reading through *75 micro date ideas to spice up your marriage*.

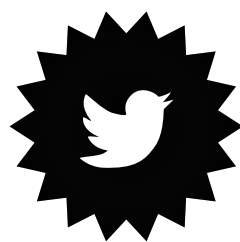
Too many couples settle for a BLAND marriage experience. This ought not to be so.

My goal in making this little ebook available for free is to help *encourage, inspire and motivate* as many people as possible to **punch bland in the face** and spice up their marriage relationship.

I hope you enjoyed these ideas, but even more than that, I hope you have made a decision to take action so that you and your spouse enjoy DOING these ideas.

**Did you?** What is your favorite micro date idea? How did it go for you doing your micro date? Is there anything I can do for you?

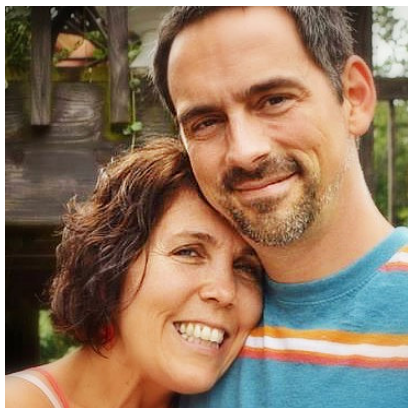
**I would love to hear from you.**  
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75 Micro Dates to Spice up Your Marriage is an excerpt from Steve Pare's book, Build a Better Marriage [ One Date at a Time ], available on Amazon and Create Space.



[See Book](#)



Husband to Chrissy for over 20 years, father to four great kids, relentless pursuer of the Divine, entrepreneurial thinker and catalyst for connecting people, ideas and resources, Steve Pare is the founder of [www.SpouseDates.com](http://www.SpouseDates.com) where he encourages men and women to build a better marriage - one date at a time.