

Date night

FOR MARRIED COUPLES

Topic: Value of Time

Time is our only non-renewable resource. Not everyone uses and values time in the same way. How you use your time greatly impacts your life. People who spend their time investing in others build better relationships. People who spend their time doing profitable work generally make more money. People who spend their time in community work have a larger impact on the world. How do you value time?



Prepare for the date:

Think what your ideal life would look like. Start to think about how you use your time.

The date:

The objective is to explore together how you use your time. Where you are using time well and what obstacles are you facing in using your time effectively? Be gentle on yourself and your spouse.

By the end of the conversation, try to come up with one or two microgoals: What is one way that you can make one small change. **WARNING:** do not even think about making big changes. Determine one or two microgoals, and then build on those.

Conversation starters:

If money were no issue, what are the top three ways you would spend your time?

What denotes time wasted for you? Does it depend on who you are with?

What denotes a good use of time for you?

What are some ways we can gain back some time? What daily tasks (work and home) could be systemized, pared down, delegated, or forgotten altogether?

How do you value punctuality? What do you think of someone who comes late to meetings or gatherings? Why do you think they do that?

It is easier to manage time when you are focused. What are the things that we should devote most of our time to?

How well do we work with a schedule or calendar? What systems work for each of us? What needs tweaking? Where do we fall short in this area?

In what areas do each of us procrastinate? What are we doing instead of addressing what needs to be done? What are the downsides of the procrastination?

How much time do you spend on: Being upset with someone? On drama? Saving money? Learning something new?

Who you spend your time with says something about your values. Who do you spend most of your time with – why? Who would you like to spend more time with; what would you do together?

Don't throw good time after bad. Do you ever waste time on something just because you already spent time on it? What compels you to continue using your time for that rather than letting it go?

Has the way you value time changed? And if so what changed it?