

Date night

FOR MARRIED COUPLES

Topic: Someone you admire

Talking about whom you admire the most can help you to reflect upon your life and what values you hold. Discuss what you admire and what you learned about your values.



Prepare for the date:

Look back at the many people who have made a difference in your life. Is there someone that you admire more than anyone else? Have you followed a particular person for much of your life and felt impressed by so much that they have done?

Setting for the date:

You might go to a place that somehow represents the person you will be talking about. Or you might bring some items that can deepen the conversation (a book by an author, a photo).

The date:

The objective is share more about yourself – what you value and why, what inspires you. Not so much to talk about the person you admire.

Conversation starters:

Who is someone you admire?

Individual qualities. What are some attributes that the person has that you admire? How has that person exhibited those? What about those traits is so admirable to you; why these traits specifically?

What has this person done. For you. For the community. For the world.

What is this person's story (if there is one); how did they come to be the person they are today?

How you have been impacted by this person. How has your life moved forward because of this person? What was your life like before and since you heard of/ met this person?

What did you learn about yourself from this person. What attributes do you value? What do you hope to integrate into your life? How might you do that? What are small steps that you can take right now?

How you came across that person. How did you get to know about the person? Did you ever actually meet in person; what was the circumstance? How did you feel the first time you met or heard about them?

Have you ever told them that you admire them? What was that like? How did they respond? What did you learn from that experience?

What would you say to them if you had the chance? What questions would you ask them? How might you reach out to them?