

**LEADERSHIP MODULE**

# **Date Your Wife**

**4 Types of Dates Your Marriage Needs**



# Date Your Wife

First of all, my marriage is not perfect. We have our bad days just like everybody else. One of us may annoy the other one. Our jokes don't land like they do the other days. Or one of us is distracted and not listening very well. Quite frankly, we may be in the same room, but miles apart.

However, over the years, we have learned a few tricks that help keep our marriage operating in a more consistent and healthier rhythm. These are also helpful for when we need to recalibrate and get back on track!

One of the biggest ways we can all improve our marriages, especially as busy business leaders with families, is to be intentional with pursuing our spouse.

I know there have been times in my marriage when I did not make dating my wife a priority, especially as we did in the early days of our relationship. However, if we are not careful, years of not dating each other will pile up and eventually cause us to look at our spouse and not have any connection. None of us want that. However, there is great news! It is not too late to recalibrate!

The following are 4 types of dates you need to add to your marriage. The first two are around the idea of "what type of date":

**LOVE DATES** - This is the most obvious one, however, it often isn't done correctly or enough. These dates need to be when you and your spouse just talk about each other, your hopes, dreams, challenges, and current realities. You can do this at a restaurant or on a walk. Most of us usually mess up this date because we spend the whole time talking about schedule and carpool coordination. Yes, there may be some of that, but we will save the majority for the Logistic Date, which we will discuss next. The other way we screw this is up, is we don't do it enough. The Love Date is what keeps the marriage chemistry.

**LOGISTIC DATES** - I wish we would have added this sooner in our relationship. Instead, we would make logistical plans for the kids' activities on the day of the event! When that happens, one person in the relationship always looks bad and the other gets mad. We have this meeting on Sunday late afternoon or Sunday night, Monday night at the latest. It is very casual, usually with a bottle of wine and our phones in our hands. We go day by day for that week. We discuss kids' carpooling, meals, big meetings, etc. This has been a huge



help for us as it allows us both to be connected, and see how we can serve and help each other.

The other two dates, are about “when should we have the date”:

**SCHEDULED DATES** - Very rarely do dates ‘just happen’. Without plans, Friday night comes around and we are too tired and just want to veg out on the couch. However, if we have a date scheduled, then we can rally to go out to eat and spend time together. This also makes sure we have reservations and a babysitter in advance!

\*\*\* Here is a sneak peek inside the Carlson household....a few weeks ago Holly and I were not connecting! I had been traveling for a speaking engagement, and we were both tired from our recent days apart. She was tired from being a single parent, and I was tired from the work trip. Who knows how long our disconnect would have gone on! Thankfully, we had a Tuesday night date scheduled. We actually thought about canceling it because we were both frustrated with each other! However, we persevered and went on the date and I am grateful we did! 🙏 We were able to apologize and get back on track!

**SPONTEANEOUS DATES** - Unfortunately this is most of our default dating mode! We do not plan for dates, and if the stars align, then we go on a date. So now that we have added the Scheduled Dates, this can be a great way to add a spark back into the marriage. This is when you are intentional when there is great weather, kids are all busy, so you two go out to a patio and grab a drink of your choice!

**PRO TIP!** As we encourage with all of our RISE tools, don’t just read this and consume the information. Instead, what can you implement right now? Can you schedule a babysitter for this weekend and go on a date? Can you schedule a Logistics Date for this Sunday? We get better by doing, so as a RISE leader, let’s date our wives!

**Want more ways to win at home and work?** Join the RISE Community today.

[www.rise-community.com](http://www.rise-community.com)

# READY TO WIN AT WORK AND HOME?

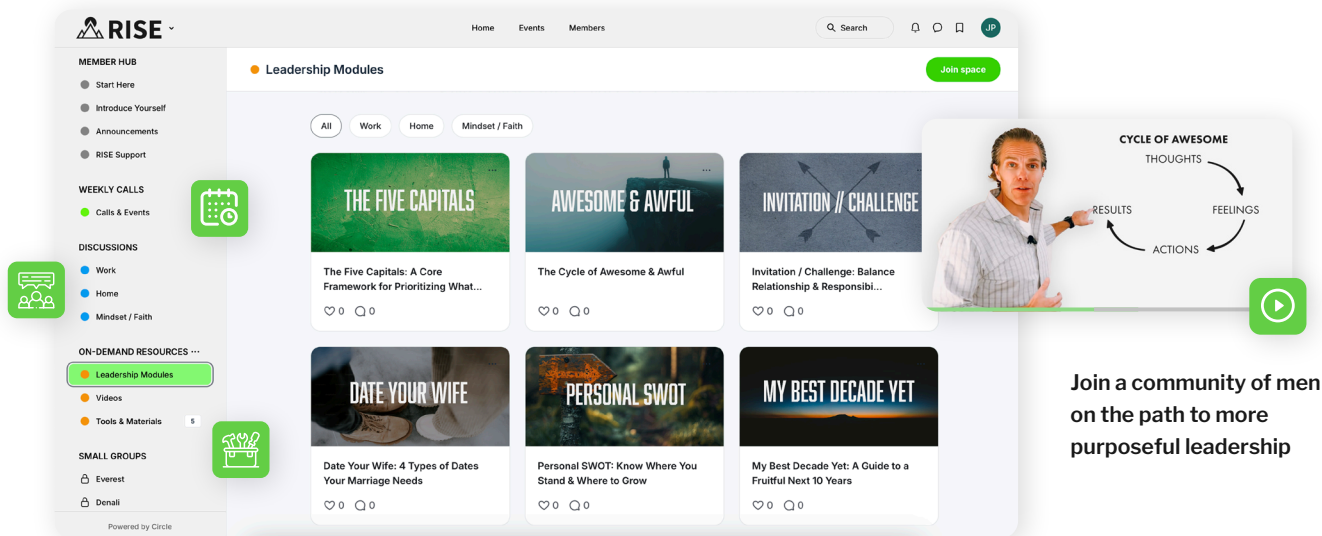
You've just experienced one of the frameworks we use to help men win at work and home, and there's so much more available when you join RISE.

## AS A RISE MEMBER, YOU GET:

- Weekly Group Coaching Sessions
- Community Connections & Discussions
- Outside Perspective & Accountability
- Advice & Wisdom to Overcome Challenges
- Content, Tools & Resources
- Monthly Speakers
- Members-Only Event Invites

## RESULTS YOU CAN EXPECT:

- Better Marriage
- Better Relationship with Your Kids
- Better Leader at Work & Home
- Expanded Network of Valuable Connections
- More Vibrant Spiritual Life
- More Clarity on Priorities
- More Purpose & Fulfillment



The screenshot displays the RISE website interface. On the left is a navigation menu with sections: MEMBER HUB (Start Here, Introduce Yourself, Announcements, RISE Support), WEEKLY CALLS (Calls & Events), DISCUSSIONS (Work, Home, Mindset / Faith), ON-DEMAND RESOURCES (Leadership Modules, Videos, Tools & Materials), and SMALL GROUPS (Everest, Denali). The main content area is titled 'Leadership Modules' and features a grid of six module cards: 'THE FIVE CAPITALS', 'AWESOME & AWFUL', 'INVITATION // CHALLENGE', 'DATE YOUR WIFE', 'PERSONAL SWOT', and 'MY BEST DECADE YET'. Each card includes a title, a brief description, and icons for heart, comment, and share. A video player is overlaid on the right side of the grid, showing a woman presenting a 'CYCLE OF AWESOME' diagram. The diagram is a circular flow: THOUGHTS leads to FEELINGS, FEELINGS leads to ACTIONS, ACTIONS leads to RESULTS, and RESULTS leads back to THOUGHTS. Below the video player, the text reads: 'Join a community of men on the path to more purposeful leadership'.

Ready to invest in your career, your family and your future?

Join us today at [rise-community.com](https://rise-community.com)

