



**State of the Union: Red Hot Relationship Date Night worksheet**

Rate your relationship 1 to 10 in each area: (10 being BEST)

- **Social** – Are you enjoying friendship with each other and those in your life?  
1 \_\_\_\_\_ 10
- **Financial** – Are you stable now and do you have a plan you are working for your future?  
1 \_\_\_\_\_ 10
- **Recreational**- Do you have a plan you both are working to stay healthy and happy?  
1 \_\_\_\_\_ 10
- **Vocational**- Do you have a plan in place to help both of you grow and move forward in your career (education; volunteer work)?  
1 \_\_\_\_\_ 10
- **Parental**- Are you on the same page as parents; do you have a plan to help you children reach their God- given potential?  
1 \_\_\_\_\_ 10
- **Emotional**- Are you both calm, peaceful, stable, and enjoying strong mental health?  
1 \_\_\_\_\_ 10
- **Spiritual**- Are you both growing in your walk with God?  
1 \_\_\_\_\_ 10
- **Sexual**- Do you enjoy regular intimacy, closeness and sexual expression?  
1 \_\_\_\_\_ 10

**Which area do you need to focus on MOST in the next year?**

Consider buying *Red Hot Monogamy* and move forward in all 8 areas. Also consider buying one book that focuses on the one main area you two want to improve most.

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