



The Sizzling T.I.M.E. Date Night Video can be viewed on YouTube at:  
<https://www.youtube.com/watch?v=1yVNBuxarJw>

How Much T.I.M.E. does it take to keep a marriage RED HOT year after year?

T \_\_\_\_\_

I \_\_\_\_\_

M \_\_\_\_\_

E \_\_\_\_\_

Make it personal—create your personal plan for keeping your love SIZZLING this year:

1. When can you find 10-20 minutes EACH DAY for alone time just to touch base and converse?
2. What 4 hour block EACH WEEK will you aim at for a "DATE NIGHT" (DATE DAY?)
3. What obstacles might need addressed to ensure this? (childcare? a "toy box?" arrange when kids are busy elsewhere?)
4. Romance doesn't need to cost a lot, make 2 lists: (1) 10 fun things to do at home (2) 10 places to go on a date that are free or at least under \$10 total.
5. Gain the info to romance your mate: (1) Each of you select a different color of highlighter pen and inside *Red Hot Monogamy* book, mark which of the 200 ideas you'd really love to try! (2) Make a copy of the ideas your make loves—plan some spontaneous surprise for him/her in the next month to try one!



6. Invest some consistent TIME weekly to develop a more sizzling sex life. On your calendar, schedule 8 weeks to do the 8 chapters in *Red Hot Monogamy* book. Be sure to do the *dinner and dialogue questions* and “hands on homework” – *this is homework you WANT to do!*
7. What 6 – 10- hour block of time (what ONE DAY a MONTH) can you schedule in for a longer date? Schedule the next 2 months on the calendar and each of you plan one date with your mate in mind. (Be sure to leave time to enjoy some “intimacy” and have a private place to have some “red hot monogamy” as a part of your romance plan on these once a month dates).



8. Escape for at least one, but preferably 2 get-aways a year that are over night or a weekend. (1) One is just *Rest, Romance, Relaxation*. Each of you make a list of “dream places you would like to go” —5-7 locations, then compare lists. If any are the same, begin saving and planning for going to this location this year sometime. (2) Also look for a marriage conference to attend to deepen your relationship, gain new tools and give God time and space to develop greater unity. Go to the calendar at [www.Love-wise.com](http://www.Love-wise.com) for a list of

places the Farrels will be speaking in the coming months- we would LOVE to meet you and build into your marriage and family!

Further helps for Romance, *Red Hot Monogamy* and Sizzling Sex.



“Like” Pam and Bill on Facebook (we regularly post ideas, getaway options, and blogs to educate, encourage and equip you for success in love, marriage and family):

<https://www.facebook.com/billandpamfarrel>

“Follow” Pam on Twitter: <https://twitter.com/PamFarrel>

Follow Pam’s boards on Pinterest:

<https://www.pinterest.com/pamfarrel/red-hot-romance-ideas/>

<https://www.pinterest.com/sheilagregoire/christian-marriage-authors/>

**Men:** Download Bill’s APP for Husband & *HER BEST FRIEND*- one idea a day sent to your phone to romance your wife: <http://herbestfriend.org/>

**Women:** Register for the next *Red Hot Wife Challenge*- a 26 day adventure exploring the 26 traits, A to Z, that make women a more desirable, loving woman: <http://love-wise.com/challenge.html>

