



# Summer Date Night Challenge



## **Financial Intimacy:** Fun in the Spreadsheets

### **Quick Glance:**

**Date Length:** 2 - 3 hours

**Cost:** \$25

**Supplies:** Groceries & gift card

**Who:** Just you and your spouse

**Where:** The grocery store & your kitchen

### **Brief Description:**

Financial Intimacy has a little to do with skill and a lot to do with history & habits. This date will help you and your spouse focus on the latter and have fun doing it!

### **Ground Rules:**

Money can be a scary and an exciting subject. It often magnifies aspects of our relationship that have gone overlooked and underdeveloped; but it's also a tool for helping others, providing security for our families, and achieving our dreams for the future.

To ensure this date is helpful instead of harmful, use the following ground rules to guard your time together tonight:

1. **Have fun!** While some of your conversation might be weighty, commit to enjoying this step in your Financial Intimacy journey.
2. **Try to understand each other, not be 'right.'** Rather than disagreeing with your spouse's perspective, use it as an opportunity to get to know them better. Ask them more questions or simply say: "Thank you for sharing."
3. **Be vulnerable.** Trusting our spouse enough to share our fears or dreams can be hard, but it's so healthy to your Financial Intimacy.
4. **No screens.** Put your phones away, keep the TV off. Remove anything that will distract you from spending time with one another.

## Date Night Directions:

We all have a history with money – some of it's healthy & some of it's not. Wherever you may fall on that spectrum one thing is universally true: how you grew up understanding money influences how you interact with it now. To help you get in touch with your past, you and your spouse are going to make a meal that reminds you of your childhood.

### 1. Design your menu:

Each of you think of a dish that reminds you of your childhood that you don't usually eat anymore. For some it might be hotdogs & mac & cheese and for others it might be your mom's home made pie. Whatever you pick, it must include elements from both of your childhoods, a main meal, and a dessert. While you're designing your menu, ask each other the following question related to your family's finances when you were a child:

- "When you were growing up, did your family have more than enough, just enough, or never enough?"  
(Choose one, and explain)

### 2. Grocery shopping:

Once you have your menu, determine what you have and don't have at home already. Then go to the grocery store to pick up your remaining supplies. While you're doing your shopping, ask each other the following question:

- “How were purchases handled in your family?” (Discover things about each other such as: whether major purchases were discussed before or after they were bought, what it was like when the family went grocery shopping, whether your parent/guardian would allow you to get candy at the checkout aisle, etc.)

### 3. Cook your meal:

Once you have your groceries, head back home to the kitchen and prepare your dinner together! While you're cooking, ask each other the following question:

- “What did your family and childhood teach you about money?”

### 4. Eat your meal:

(Before you eat, remember our ground rules for the night. You're not trying to correct your spouse but instead working to understand why they approach finances the way they do. This will give you a healthy foundation for future conversations around your household's finances and, if done properly, give you incredible grace for each other's perspectives.)

Now you get to enjoy the fruit of your labor! Sit down at a table and enjoy the tastes of your childhood.

While you're eating, ask each other the following questions:

- What positive impacts has your childhood family's habits had on how you approach our money today?
- What's one thing about finances you wish you had learned but didn't while growing up?
- If our younger selves were children in our home today, what lessons would they be learning from how we handle our money?
- What's one habit we have regarding our money that you want to be sure we keep?
- What's one habit we have regarding our money that you want us to change?



# Fun Challenge:

One of the greatest joys we can have when it comes to money is giving it away. Who is somebody you can bless with your generosity?

Decide on a friend or family member who's been going through a hard time, or even somebody you just want to bring some joy to.

Determine an appropriate amount & send them a gift card to their favorite coffee house or restaurant...and do it without them knowing it came from you!



# Take Away:

Before you finish your date, ask each other these final two questions:

- What's one thing you learned about me that you didn't know before?
- What's one thing you appreciate about the way I approach finances?

