

Have More
Romantic



**Moments
& Memories**

Dr. Caron Goode & Dr. Mnette Riordan

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Introduction

When couples move beyond the dating stage in a relationship, the next stage of romance opens the door for commitment. The promise of love grows as you feel more comfortable and secure. Relationships progress over time and routines set in. Some couples feel that romance dies. Other couples feel that love is deeper and romance is better. Research shows that couples, which describe romance as getting better, refer to one or more of these aspects of relationships:

1. Comfort in continuing conversations. They continue to take time with each other to share feelings. An important part is also listening.
2. Still feeling that they have respect in how they live or in what they do.
3. Each person in the relationship feels accepted, as they defined it: not being judged, put down, or bullied; and feeling free to speak up and act independently without guilt.

Romance always helps to keep the spark in a relationship! Moreover, each person in that relationship has healthier self-esteem and a commitment to keep the romance alive. You'll likely agree, but maybe you feel like you don't understand romance. Have you tried your hand at romance, but still haven't quite mastered it?

To refine your romantic streak is not hard. With creative thinking and a genuine interest in treating your significant other in a special way, you'll find the ideas in the guidebook to be tried and true.

Daytime Breaks for Romance

How long has it been since you spent time in the middle of the day with your spouse? When couples get married it doesn't take long to settle into a routine.

Most of us are busy with jobs and children and other activities and don't often think about romance in the middle of the day. But that is precisely why you should. The element of surprise and spontaneity are what makes lunchtime dates such a success.

When you're on a budget, a lunchtime date can be a real bonus. Lunch meals are cheaper meals that will enrich your love life without emptying out your wallet. How do you plan a lunch date with your spouse? Here are a few suggestions for surprising your spouse with a workday romantic lunch for two:

Check your spouse's schedule. This may require hatching a plan with someone on your spouse's job if lunch hours are scheduled. Whether you are taking your spouse out for lunch or providing a picnic lunch in the office, you'll need to know the schedule. Then keep it a surprise. Enlist the aid of a coworker to help you set the stage.

Decide on a menu. If you are on a tight budget, here are ideas for arranging lunch from home. Cold cut sandwiches, cheese and fruit, sparkling cider and something simple like appetizers are not time consuming or expensive. Pack everything in a pretty picnic basket or decorated box. Don't forget to bring along glasses, plates, flatware, and napkins.

If you decide to eat at a restaurant, be sure to call ahead for specials and prices so you are not surprised and know you are within your budget. Nothing ruins a romantic date like than being surprised when you see the check.

It's show time. Once all the plans have been made, arrive a bit early to set up your surprise. You may want to enjoy your lunch outside if there is a park nearby or even a nice green area, especially with a water feature. Water features are always so romantic! But no matter what the setting, getting away from work contributes to the romance.

Reconnect With Your Wild Side In The Animal Kingdom

Enjoyment and wonder describe a drive through a wild animal park or a day at the zoo. Take a walk on the wild side!

Visit the Zoo

Pick a time when a nearby zoo won't be overrun with kids, normally a weekday. You want to have a quiet, leisurely time strolling down the paths, holding hands, and watching your favorite animals. Take time to talk about the animals you see. You can even play a little game. Which animal



would you be if you could? Choose one of the animals and tell your spouse why you chose that particular animal. You might just learn something new about how your spouse feels about life and love.

You can also be interactive by feeding the animals you can by hand and visiting the petting zoo. Many zoos also have shows you can watch. However, the visit isn't just about the animals. There are places to sit, relax, share, and have lunch. In such a park atmosphere, relaxing is the key as you listen to the lions roar or the birds sing. Close your eyes and pretend you're on an exotic safari.

Visit The Aquarium

The peaceful atmosphere of an aquarium is also a perfect place to relax with your partner. Aquariums normally have both bright sunny areas as well as the cooler, subdued tanks. The atmosphere alone of an aquarium feels soothing and romantic. Choose a day when it won't be as crowded so you can spend quiet time together gazing at the amazing species, and each other.

You won't want to miss the penguins, walruses, dolphins, and even whales. Take time to read the information to learn more. Simple facts about the creatures we share the earth with can open up discussions. Consider the fact that male penguins watch over the unborn eggs. This can certainly give a young couple something to talk about!

Many aquariums have interactive displays such as petting tanks for baby sharks, skates, rays, as well as other beautiful sea creatures. This experience can give a couple something to share and laugh about. Romance, laughter, and nature often go hand-in-hand.

Go To The Circus

Want to enjoy wildlife with a bit of drama and flare? Get ready for the chills and thrills of the big top tent. Share popcorn and a soda as you watch death-defying feats. You'll have a lot of laughs with your sweetie, along with a few screams. Sit real close and hang on tight to get ready for all those scary moments. There's a little romance right there!

Your trip to the circus is just for the two of you to relax and communicate on an entirely new level. Enjoy each other without worrying about how the kids are en-

joying the show. Get to the circus a bit early and walk around. You may even get an up close and personal moment with some of the animals.

Visit a Pet Store or Shelter

Snuggling with kittens and puppies can bring out the cute and tender in anybody. There's nothing that softens a person or a mood more than cuddling fuzzy bundles of love. Most pet stores and humane shelters will welcome the attention you give to their kittens and puppies. Watch your spouse get all mushy about a pet and your heart will get all mushy for them! Spend time in the animal kingdom with your spouse. Laughing at their antics will lighten your heart and give you reason to fall in love with your spouse all over again.

Backyard Romance – Simple Escapes And Fun Right At Home

Is your backyard a kids-only territory? You could make the backyard a playground for you as well as your kids. Rediscover the potential of the outdoors with these romantic backyard date ideas. Look at some of the ways you can turn your backyard into a grownup playground:

A Playground For Grownups

You'll discover your silly side and feel sexy at the same time when you play tag or moonlight-moonlight in your own backyard without the kids. Don't forget about that swing set. Enjoy the gentle swaying of the swings or take a quick and exhilarating trip down the slide. A jungle gym is the perfect place for tickles and stolen kisses. The purpose here is to bring out your child and play, even lightheartedly. Drop your head back on the swing. Run and let those feel-good

endorphins improve your mood for loving and caressing. That can only enhance the rest of your evening together!

Picnic for Two

Pack a basket with your favorite snacks, food, and drinks. Include sexy foods like grapes, cheese, strawberries, and chocolate; foods that you can feed each other and nibble slowly. Make the picnic pretty by including your nice dinnerware and napkins. Don't forget your favorite stemware for your beverages.

1. Do you have a big blanket and throw pillows you can rest on as you stare at the clouds or the stars?
2. Do you have a favorite book of poetry to read aloud to each other? The idea is to eat and talk about anything but the kids and the bills.
3. Do you like verbal games like twenty questions? No matter how long you've been married. It is likely that you didn't know everything about your spouse. Spend this time alone to find out.

Dinner a la Ritz

Turn your patio table into a five star restaurant with candles and your finest dinnerware and linens. Use inexpensive fabric or sheets to cover the chairs to make them prettier, and then add cushions and pillows. Add romance and privacy to your outdoor dining room by draping fabric from the rafters or railings to close in the area. Use your imagination and dig around your linen closet to create a budget- friendly dining room. The more cozy and comfy, the more romantic it will be.

There are romantic meals that can be tweaked to stay within a tight budget. Recreate a classically romantic meal such as 'Chateaubriand For Two' on a budget by using a less expensive cut of meat, but keep the traditional red wine and tarragon sauce, as well as the Chateau potatoes, which are both relatively inexpensive to make. Save your money for the special touches; the food will

quickly become less important as the romance heats up.

Light My Fire

Freestanding fire pits are another way to set the mood for romance. They are designed for the backyard and come in a variety of styles and some affordable prices. You can enjoy the fire without worry as they come with safety screens to guard against flying sparks. Spend a nice evening by a warm fire snuggling together and ignite more than just a pile of wood!

Begin your evening just as the sun is setting so you can enjoy the shades of sunset: orange, red, and purple. Then, as the sky gets dark, draw in close to the fire and gaze into the flickering flames. The sunset, firelight, moon, and stars do wonders for setting the stage for soft talk and romance. Use these ideas to spark your imagination and create romantic fun in your own backyard

Couples Retreat At Home – Intimacy After Hours

When you have kids, time for romance is hard to find. Even when you can find the time, your budget is tight and you can't afford a babysitter every time you want to enjoy your spouse's company alone. Then there's the exhaustion. Oftentimes parents are just too tired after a day of work and kids to think of leaving the house again. But, finding time alone with your spouse is important for your marriage. You get to see each other once again as sexy and not just as a mom or dad. So, how can you romance your partner when you're strapped for time, money, and energy?

The date nights I am suggesting start after the kids are tucked in bed, and you won't have to leave the house. Consider a few ideas for romancing your spouse without leaving the house:

Come Dance With Me

Get dressed up in your sexiest dress or suit and meet in the living room or dining room. Push the table or couch out of the way to clear the floor. Lower the lights and close the drapes. Light candles to set the mood. Turn on the romantic tunes that you danced to when you were dating and ask your spouse to join you on the dance floor.

Dancing brings you close again...in each other's arms...and increasing those endorphins, the feel-good hormones, which will make you feel happier too. Make your dancing date even more entertaining by learning some new moves. Choose a dance video that teaches the tango, salsa, or other fun new moves you haven't tried yet.

A Very Personal Scavenger Hunt

This game can become as playful as you want to make it. Take turns leaving clues as to your whereabouts. When your spouse follows the clues, they lead to a secret rendezvous. Make your clues intriguing, filled with double meanings if you wish. But don't waste too much time with the clues. You want to enjoy time together once you're found! You can even have each clue lead to an item that your partner brings to the rendezvous spot. Where do the clues end up? Well, that will be up to you and your imagination

Movie Night for Grownups

Now is your time to watch something other than a Disney movie. Drag out your old favorite movies to rekindle the flame you felt when you first saw them. Or choose something new that you both have been longing to

see. You can choose a movie to make you laugh, cry, or blush. Even a scary movie can be fun when the monster makes you cuddle for comfort. Set the stage with low lighting, popcorn, and cozy quilts to snuggle in. You may even want to plan a simple dinner for your late night movie. Choose foods like pizza or chili that are reminiscent of meals you might have enjoyed when you were dating. Recreating those youthful times is always good for romance.

Adults Only Dessert

You ate dinner with the family, but tonight, dessert is just for the two of you. Opt for romantic desserts that you, not your kids, will appreciate. Find simple desserts that taste and look decadent, and yes, sexy. Look for grownup choices like sparkling wine and strawberries. Choose smaller portions of rich chocolates. With a grownup dessert for lovers, the idea is to choose quality, not quantity. Add a rich dark coffee, hot cocoa, or warm liqueur to top off the evening in sensual bliss. Take time to feed each other and don't forget the kisses in between the nibbles!

After hours, the house belongs to couples with romance on their mind. So, tuck those kids in bed early and let the romance begin!

Give Your Spouse The Treatment The Spa Treatment

Pampering is expensive in a spa. But who says you have to go to a spa for all that special treatment? You know what you like, and you can probably guess what your spouse likes. Why not create a nice spa atmosphere right in your own home?

The spa treatment can include facials, massages, or foot and hand soaks. What-ever you decide to do for your spa day at home, set the mood and

get everything ready ahead of time so there are no interruptions. Here are a few suggestions for designing an inexpensive spa at home for you and your spouse:

The Atmosphere

Most spas distinguish themselves first and foremost with their personal style or atmosphere. Begin by choosing an area in your bedroom, living room, bathroom, or guest room that is cozy and quiet. Depending on the services your spa day will be providing, you'll need to set up specific furniture and equipment. However, there are amenities common to all spas that let you know you are in for a treat.

Begin with soft, warm lighting. Draw the drapes and turn lamps on low. Set candles around the room, using candles in containers for safety. Use scented candles that you enjoy to add pleasant aroma to the room. Finally, be sure to have soft music! Silence is golden, but lovely music adds relaxation to the hushed sounds of the spa.

The spa treatment or treatments you choose to do will be shared with your spouse. Your couple's spa day is give and take. You'll want to either swap treatments right away, or choose alternating days. Let's look at a few basic services most pampered spa guests like to receive:

Massage

You will need a comfortable place to lie down and be comfortable. Make sure the height suits the person giving the massage so the masseuse doesn't suffer a sore back as a result of this treatment. Cover the massage table with warmed towels, blankets, and sheets. The clothes dryer works well for this. Arrange your lotions or oils so they are convenient to you. Help your spouse get comfortable on top of the warmed linens, then warm up your hands and begin. Just use your best technique to make your partner feel relaxed. Aim for about a fifteen to twenty minute massage to give your spouse time to really relax. Be sure to include those tender feet, shoulders, neck, and back. Then, depending on what you

planned, switch places and continue with the next massage.

Foot Soak

This is a popular spa treatment that both men and women enjoy. You don't have to spend a lot of money on fancy equipment or ingredients. Choose a couple sturdy plastic bins and fill them with warm water and any gentle soap you like. You can add natural ingredients like vanilla, honey, oatmeal, and peppermint oil for a real organic and aromatic soak. Let your spouse soak in quiet for about five to ten minutes, then use a nice scrub or a washcloth and gently scrub the feet and legs. Then pour fresh water over and dry the feet and legs with warm towels.

Now pull up a comfortable stool to sit on in front of your spouse. Choose a lotion or oil that your spouse likes and gently massage all over the feet and up the ankles and calves. Use gentle massaging movements and push gently into soles of feet with your thumbs to relax sore muscles. When finished, wrap your spouse's feet and legs in warm dry towels to continue the relaxation. Now, when it's your turn, your spouse will know exactly what to do for you!

This shared spa experience is a great way to share intimacy in your relationship. By giving your spouse a spa treatment, you not only give your spouse a wonderful experience, but you prepare your spouse to give you the same. Learning what each other likes is the first step to creating a romantic life together.

Remember & Enjoy

“The purpose of a relationship is to complement each other, grow together, and achieve your common goals as a couple. At the same time, you must each maintain your individual identity as a human being.”