

Eight Dates

by John M. Gottman, Julie Schwartz Gottman

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Book the eight-date arc**
Put eight recurring dates on the calendar now. Assign one conversation to each date so the relationship has a structure before life gets noisy.

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⁰² **Open with appreciation**
Start each date by naming one recent moment when your partner made life feel easier, safer, or more alive.

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⁰³ **Ask the follow-up**
After the first answer, ask: what does that mean to you? The second answer is usually where the real map appears.

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⁰⁴ **Create a repair phrase**
Choose one sentence either of you can use when a conversation gets too sharp, then agree when you will come back.

MON TUE WED THU FRI SAT SUN

⁰⁵ **End with one tiny agreement**
Close every date with a concrete experiment for the week: a ritual, a boundary, a budget move, or a shared adventure.