

# Life Dinner

## Over the last 30 days...

I am most proud of these 4 things  
(spiritually, socially, professionally, physically):

I am most challenged by:

I am most worried about:

I am most grateful for:

I am saddened/disappointed by:

I am laughing at:

I felt confused when:

I felt loved when:

## Over the next 30 days...

I am most excited about:

I want to release the feeling of:

I want to accomplish these 4 things  
(spiritually, socially, professionally, physically):

I need the following support:

Is there something you want to share that you haven't had a chance to say in this update?

**Our family focus for the next 30 days is**

\_\_\_\_\_.

# Life Dinner

## Suggested "Ground Rules"

1. Choose your Life Dinner **DATE** (ex/ significant other, best friend, etc.)
2. Pick **ONE DAY** each month or quarter for your Life Dinner. This date is **LOCKED IN** - no rescheduling. For example, Matt and I choose the first Wednesday of the month. It's on our calendars and set to reoccur until the end of time. We always know it's happening and we never schedule anything else!
3. Make a **RESERVATION**. This helps to create a locked in plan/time. It also makes it feel like an "old school" date - you know **WHEN** to be ready and **WHEN** to show up. Choose the same spot each month or switch it up. We have fun being "regulars" at our chosen spot!
4. Bring a **GIFT**...wrapped...with a card. This is probably the most fun part. It helps you to think of this person throughout the month when you see something they might love, like, or even just find funny. I have received everything from a new car to a coffee mug. I have given everything from funny socks to a fancy new tennis racquet. Just get creative! The fun part is you have to bring the gift wrapped to the restaurant and open them there. You're creating a memorable experience together and the chance to say to inquisitive strangers, "What are we doing? Oh just celebrating life".
5. Hand over your **PHONE**. Don't give it back until you are leaving the restaurant...or if it's your spouse, wait until the next morning!
6. Take your **TIME**. Don't order until the waiter/waitress asks you!
7. Order **APPS**.
8. Order age appropriate **DRINKS**.
9. Order what you **WANT**.
10. Order **DESSERT**. Always. There are no diets on Life Dinner night!
11. Don't ask for the check. **WAIT** for it! Keep the conversation going. Ask wild questions if you need to. Take the time to find out things you don't know.
12. **REPEAT** next time!