



Quality Experience Plan

Note: The instructions below are for two people in a romantic relationship, but each step can be modified to include children if parents wish to expand the focus of the exercise.

1. **Individually, create the biggest list you can of activities that interest you.** You and your partner each make a list (alone) of all the activities you're interested in and create each activity on a scale from 1 to 10 (1 = just a little interesting, 5 = moderately interesting, 10 = extremely interesting). The activities can include hobbies/interests, date night ideas, family outing ideas, vacation ideas, etc. Make the list as long as you can. To do this, you might want to consider doing some research online. You can visit www.meetup.com and write down every activity that looks interesting to you and perform internet searches for keywords such as "stuff to do in Tampa Bay," "vacation ideas," "bucket list ideas," "date ideas," "family fun night ideas," etc.
2. **Meet with your partner and talk about each item on your list.** Describe the activity, what you like about it, what draws you to it, etc. Your partner would then give you a number that represents their level of interest for the same activity using the same scale. Write their numbers next to yours.
3. After you have both shared your lists, **sort each item into one of the following categories:**
 - a. **Mutual High Interest** (both of you have a score of 7 or higher);
 - b. **Medium Interest Level** (both of you have a score of 4 to 6 or one of you has a score of 4 to 6 and the other has a score of 7 or higher);
 - c. **Lop-Sided Interests** (one of you has a score of 7 or higher and the other has a score of 3 or lower).
4. **Plan a regularly scheduled date night** (e.g., every Friday night, every other Wednesday night, etc.). Take turns being responsible for planning date night and making necessary arrangements. For example, if you are responsible for planning date #1, your partner must plan date #2. Try to draw from the Mutual High Interest activity list first.
5. For the activities that can't be done on a date night (such as those involving travel or daytime excursions), **consider planning a monthly couples/family outing using the same approach.** If you have children or other family members, you can plan "family fun nights," trips, vacations, or other family outings using the same approach.
6. **Modify your plan to adjust for the COVID-19 pandemic.** Some of the activities on your list cannot be done safely during the pandemic. Use creativity and brainstorming to see how you can modify some of those activities to fit the pandemic.
 - a. Examples:
 - i. If a romantic train ride through Europe is on your list, you might have a romantic candle-lit dinner in front of a big screen TV playing a high-definition YouTube video of the window view of one of the world's most scenic train rides.
 - ii. If visiting a theme park or going to a movie theater, concert, or comedy club is on your list (and you don't feel comfortable going to those places), consider using virtual reality headsets (e.g., Oculus Quest 2) to ride roller coasters, attend comedy shows or concerts, or visit a virtual movie theater together.