

Tonight, Us.

7 little dates. A little more us.



A date-night book for two

One phone is enough.

Read from one phone in Do Not Disturb, allowing essential calls if needed. Put other apps aside. Or print the pages you want. You do not need to buy supplies, download an app or write in every space.

01 · Invite

Pick an evening when both people have a little room. Offer a short version if twenty minutes feels like too much.

02 · Choose

Follow the dates in order or use the map on the next page. Date 1 is an easy place to start.

03 · Take turns

One person reads, both answer if they want. Choose two questions per date; the rest can wait for another evening.

04 · Make it yours

Use your own words. Change the drink, setting or activity. Speak in any language you both enjoy.

05 · Finish well

Name one thing you appreciated. Continuing is optional. Ending after five minutes still counts.

For a phone-friendly card: open the bonus questions in the book. For paper cards: print the separate card file at actual size and cut along the borders.

The two-cup date

Arrive here, together

Most evenings begin with a list: dinner, messages, tomorrow. This one begins with an invitation. You do not have to be cheerful, interesting or full of news. You only have to decide whether a few minutes together would feel good tonight.

Bring: Two drinks you already enjoy. A place to sit. No shopping required.

An easy invitation

“I’m making a drink. Want to sit with me for twenty minutes and try one page? We can keep it light.”

2 minutes · Settle in

Make your drinks and pick a comfortable place. Use one phone in Do Not Disturb to read this page, or print it. Keep any essential calls available. Choose who will read first.

4 minutes · Share the small stuff

Each name one good thing and one tiring thing from today. The listener asks: ‘Would you like ideas, help, or just company?’ Accept the answer. You do not need to solve the day.

10 minutes · Follow your curiosity

Choose two questions from the next page. Take turns. Let an answer become a conversation; there is no need to finish all four questions.

4 minutes · End gently

Each complete: ‘One thing I liked about these minutes was...’ Decide whether to continue, sit quietly or return to your evening. All three endings count.

Choose two. Take your time.

Take turns if you like. Follow the answer, not the clock. You may pass on any question.

01

What ordinary moment with me would you happily repeat?

It could be a bus ride, a shared snack or a quiet morning. What made it feel like yours?

02

What is something small that made you smile this week?

Ask what happened before or after it. Your partner does not need a big story.

03

When your day is full, what kind of company feels good?

Quiet company, a joke, practical help or a conversation can all be welcome at different times.

04

What would make tonight a little nicer for you?

Keep the request small and optional. Be honest about what you can offer.

A helpful response: "Tell me a little more, if you want to."

A little thing to keep.

Give this evening a tiny title together: ‘The rainy chai date’ or ‘The ten-minute catch-up’. Write it in the space below. No rating and no comparison with anyone else’s date.

For example

‘I liked that we didn’t start planning tomorrow straight away.’ / ‘I liked hearing the story about your colleague.’

The five-minute version

Make one drink each. Answer question 1. Finish with one thing you appreciate about the last five minutes.

Optional notes · keep them private unless you choose to share

Our little title for tonight

Something I learned about you

One thing we might repeat
