



LUXXEDATES

PRESENTS

30 DAYS OF *Us* ♥

A ROMANCE & CONNECTION GUIDE
FOR COUPLES

30 DAYS.
SMALL MOMENTS.
DEEPER CONNECTION.

CREATED WITH LOVE BY
LUXXEDATES



30 DAYS. *More Us.* ♥

A ROMANCE & CONNECTION GUIDE FOR COUPLES

This isn't homework—and you don't need to plan 30 elaborate dates.

30 Days of Us is a simple invitation to spend the next month being a little more intentional about each other. Some days will take two minutes. Some will spark a conversation. Some will ask you to remember, flirt, dream or surprise each other. And a few might inspire your next great date.

There are no perfect answers and no perfect relationships here. Just opportunities to slow down, have a little fun, and **notice each other again.**

YOUR 30 DAYS TOGETHER

01



REMEMBER US

Revisit the moments, memories and little things that made you *you*.

02



LEARN ME AGAIN

Get curious. Discover what your partner loves, wants and may have changed their mind about.

03



BRING BACK THE SPARK

Small gestures, flirting, quality time and everyday romance.

04



DATE DIFFERENTLY

Turn what you've learned into an experience designed around *your* relationship.

LoverGirl Says... ♥

*"Don't rush through this. The goal isn't to finish 30 days.
The goal is to enjoy them."*

DAYS

1-3

REMEMBER US

Let's Go Back TO THE BEGINNING.

Before the routines, responsibilities, schedules and to-do lists, there was the beginning of you.

Take a few minutes to reflect and answer these questions. You can each answer separately first, then compare. No correcting each other's memories.



1



THE FIRST THING
I NOTICED ABOUT YOU WAS...

2



ONE OF MY FAVORITE
MEMORIES FROM WHEN WE FIRST
STARTED DATING IS...

3



SOMETHING YOU DID EARLY ON
THAT MADE ME THINK,
"OKAY... I REALLY LIKE THIS PERSON," WAS...

4



IF WE COULD RELIVE ONE DATE
OR MOMENT FROM THE BEGINNING,
I'D CHOOSE...

NOW COMPARE. ♥

Did your answers match?

☐

Almost exactly

☐

A few surprises

☐

Apparently we remember
two different relationships.



What's something from the beginning of your relationship you'd love to bring back?

DAY 2

LITTLE MOMENT



Find an old photo of the two of you
and send it to your partner with
one sentence about what you
remember feeling in that moment.

DAY 3

LITTLE MOMENT



Tell your partner one thing
you appreciated about them
when you first met that you
still appreciate today.

*Love Girl
Challenge* ♥



Before today ends, tell your partner one thing you still love about them
that you noticed all the way back then.



DAYS

4-7

REMEMBER US

Look at *Us Now.*

Relationships are built in more than the big moments. Sometimes the things worth celebrating are the ones no one else sees.

Take a moment to reflect on who you were when you met and everything you've experienced together since. Complete these separately, then share your answers.

*Same people.
Brighter chapter.*
♥

THEN

When we first met...

ADD A PHOTO
FROM WHEN
YOU FIRST MET
(OR EARLY ON)



Something I loved about you then...



Something we used to do all the time...



Something I didn't know about you then...

NOW

Today...

Something I love even more about you now...



Something I'd love for us to start doing again...



Something about you I'm grateful I know now...



ADD A FAVORITE
RECENT PHOTO
OF THE TWO
OF YOU

A LITTLE TIMELINE OF US ♥

Write a date, a few words, a memory or even a doodle at each stop.



WE MET



ONE MOMENT THAT CHANGED US



SOMETHING WE OVERCAME TOGETHER



A MOMENT I'LL NEVER FORGET



I'M PROUD OF US FOR...

DAY 5

LITTLE MOMENT



Find and share a song that takes you back to a special moment in your relationship. Play it together and talk about what you remember.

DAY 6

LITTLE MOMENT



Finish this sentence out loud to your partner:
"One thing I'm proud of us for is..."

DAY 7

LITTLE MOMENT



Spend 20 uninterrupted minutes together tonight. No phones. No television. No agenda. Just you two.

*Love Girl
Challenge* ♥



Tell your partner one thing you appreciate about them today that you didn't fully express before.



DAYS

8-10



LEARN ME AGAIN

Think You Still Know Me?

You probably know their coffee order, their side of the bed and exactly what that look means.

But people change. Part of loving someone is staying curious about who they're becoming.



Choose the answer you think your partner would pick.
No hints. When you're finished, compare.

DAY 8 | ACTIVITY

THIS OR THAT

Dress Up ☐	☐ Keep It Casual	Weekend Away ☐	☐ Local Adventure
Beach ☐	☐ Mountains	Sunrise ☐	☐ Late Night
Amazing Dinner ☐	☐ New Experience	Surprise Me ☐	☐ Tell Me the Plan
Night Out ☐	☐ Cozy Night In	Relax & Unwind ☐	☐ Give Me Adventure

A LITTLE HARDER...

Finish these sentences for your partner.

- I feel most loved when you... _____
- If I suddenly had an entire free Saturday, I'd want to... _____
- Something I've been wanting us to do together is... _____

NOW COMPARE.

How did you do?

- ☐ You know me well.
- ☐ A few surprises.
- ☐ We have some catching up to do.

ONE THING I LEARNED ABOUT YOU TODAY...

DAY 9

LITTLE MOMENT

ASK



Ask your partner:
"What's something you've been wanting more of lately?"
Don't solve it. Don't defend anything.
Just listen.

DAY 10

LITTLE MOMENT

NOTICE



Do one thoughtful thing for your partner today without being asked.
Their favorite snack. A cup of coffee. A chore they usually handle. A sweet text. Something small that says: "I notice you."

LoverGirl Says...



The person you fell in love with is still growing.
Stay curious.



DAYS

11-14



LEARN ME AGAIN

More of This, Please.

Relationships change because people change. So do our needs, interests and ideas of connection.

This isn't about what's missing. It's about noticing what feels good and making room for more of it.



Complete this part separately. Then share your answers without judging, explaining or trying to fix them. Just get curious.

What would you like more of... from us?



DAY 11

ACTIVITY

What Would Feel Good Right Now?

I'D LOVE A LITTLE MORE...

Circle up to FIVE.



Affection

☐

Adventure

☐

Laughter

☐

Quality Time

☐

Flirting

☐

Conversation

☐

Surprises

☐

Intimacy

☐

Travel

☐

Quiet Time

☐

New Experiences

☐

Spontaneity

☐

Thoughtful Gestures

☐

Encouragement

☐

Fun

☐

Romance

☐

Rest Together

☐

Celebrating Us

☐

MY TOP THREE

1. _____
2. _____
3. _____

WHEN I SAY "MORE," I MEAN...

Pick one of your Top Three and describe what it actually looks like to you.

I'd love more: _____

To me, that could look like: _____

DAY 12

ACTIVITY

Guess Theirs

Before sharing your answers, take a guess.

What do you think your partner chose?

Their #1: _____

Why I think they chose it: _____



REVEAL YOUR ANSWERS

Now share and compare. Did anything surprise you?

DAY 13

LITTLE MOMENT

Make It Real

Look at your partner's Top Three.

Choose one tiny way to give them more of it today.



More affection → longer hug



More flirting → send that text



More laughter → send something that always makes them laugh



More encouragement → tell them something you admire



More quality time → 20 minutes without phones



More romance → create a small surprise



TODAY, I'M GIVING YOU MORE...

DAY 14

ACTIVITY

Our "More" List

Three things we'd both love more of:

01

02

03

One thing we want to try this month:

One thing we're already doing well

and want to protect:

LoverGirl Says...



Don't make your partner guess what makes you feel loved. Give them clues.



DAYS

15-18



BRING BACK THE SPARK

Okay... Let's Have Some Fun.

You've remembered where you started. You've learned something new about each other. You've even said what you'd like more of.

Now it's time to put some of it into practice.
For the next seven days, don't overthink romance.

Notice. Flirt. Touch. Surprise. Laugh. Make an effort.
Small moments count.

*Same people.
New energy.*



DAY 15

FLIRT AGAIN



Send the Text

Send your partner a text today that has absolutely nothing to do with groceries, schedules, work or responsibilities.

CHOOSE YOUR VIBE:



SWEET

Tell them something you love about them.



FLIRTY

Tell them something about them you still find irresistible.



BOLD

Tell them something you're looking forward to later.

No copying from this page. Use your own words.

DAY 16

THE 10-SECOND RULE



Hold On a Little Longer

At some point today, give your partner a hug. Not the quick "I'm leaving for work" hug. Hold them for at least 10 seconds.



No phone.



No multitasking.



Just be there.



HOW DID IT FEEL?

DAY 17

NOTICE ME



Say What You See

Compliment your partner on something you don't normally mention.

☐

Something about their appearance

☐

Something about their character

☐

Something they do really well

☐

Something they do for you

☐

Something about the person they're becoming



Something I want to make sure you know:

DAY 18

BREAK THE ROUTINE



Do Something Slightly Different

Change one thing about your normal routine today. It doesn't have to be expensive or elaborate.



Take a walk somewhere new



Eat somewhere you've never tried



Make dessert together



Have drinks somewhere unexpected



Play a game



Take a drive with no destination



Put music on and cook together



Recreate something from your early dating days



OR MAKE UP YOUR OWN:

LoverGirl Says...



*The spark isn't always something you find.
Sometimes it's something you create.*



DAYS
19-21



BRING BACK THE SPARK

Small Moments. Big Connection.

It's the little things that keep the spark alive. This final part of the Spark Challenge is about intention, presence and making time for what matters most — each other.

*Same
energy.
More us.*
♡

DAY 19

ANTICIPATION



Give Them Something to Look Forward To

Tell your partner you're planning something for the two of you. It can happen tonight, this weekend or later this month.

Don't tell them exactly what it is.



GIVE THEM ONE CLUE:

DAY 20

PUT IT DOWN



30 Minutes. Just Us.

Put both phones somewhere you can't casually reach them. No television. No scrolling. No multitasking. Spend 30 minutes doing something together.

CHOOSE YOUR MOMENT:



Talk



Take a walk



Cook together



Listen to music



Have a drink



Sit outside

*Don't turn it into a relationship meeting.
Enjoy each other.*



DAY 21

MAKE AN EFFORT



Tonight, Act Like It's a Date.

Even if you're staying home. Wear something you feel good in. Add the fragrance. Fix your hair. Put on the playlist. Light the candle. Pour the drink. Make the ordinary feel considered.



*It doesn't
have to be big.
It just has to be
intentional.*
♡



What would make tonight feel different?



Tonight we're going to...



I'll make it feel special by...



One thing I want you to feel tonight:

Love Girl Says...



*The spark isn't always something you find.
Sometimes it's something you create.*

NEXT: DATE DIFFERENTLY

You've spent 21 days remembering, rediscovering and reconnecting. Now let's create something around what you've learned.

DAYS

22-24



DATE DIFFERENTLY

Dream a Little.

Now it's time to turn what you've learned into something you'll remember. Before the details, let's dream, reflect and get clear on what would feel special for you now.

There are no wrong answers. Dream first.



*Different dates.
Deeper memories. ♥*



DAY 22

THE DREAM DATE



If Nothing Was in the Way...

Forget schedules, budgets and logistics for a minute. If you could create an experience together purely around what sounds exciting, romantic or fun, what would you do?

Dream first. We'll make it realistic later.



IF MONEY DIDN'T MATTER...



IF WE ONLY HAD \$50...



IF WE COULDN'T LEAVE HOME...



IF WE HAD AN ENTIRE WEEKEND...



ONE THING WE'VE NEVER DONE TOGETHER...



ONE PLACE WE KEEP SAYING WE'LL GO...



*Same views.
New memories. ♥*

DAY 23

STEAL FROM YOUR OWN ANSWERS



Go Back.

Flip through the last 22 days. Look for something your partner said that surprised you, excited them or came up more than once.



I NOTICED YOU KEEP COMING BACK TO...



SOMETHING YOU SAID I'D LOVE TO INCLUDE...



ONE THING I NOW KNOW WOULD MAKE THIS FEEL LIKE YOU...

DAY 24

CHOOSE THE FEELING



How Do You Want This Date to Feel?

Before choosing where you're going, decide how you want to feel when you're there.

PICK THREE.



Romantic



Playful



Adventurous



Relaxed



Sexy



Surprising



Intimate



Elegant



Nostalgic



Spontaneous



Cozy



Celebratory



WHEN THIS DATE IS OVER, I WANT MY PARTNER TO FEEL...

Lover Girl Says...



A great date isn't just where you go — it's how you feel while you're there.



DAYS

25-27



DATE DIFFERENTLY

Make It Yours.

A good date is an activity.
A memorable date has details.
Now it's time to take what you've learned
and create a date that's uniquely yours.

It's the little things that make the biggest memories.

DAY 25

CHOOSE THE EXPERIENCE



Our Date Idea

Using what you've learned so far,
choose an experience that feels right
for you now. It doesn't have to be big
or expensive – it just has to feel like
you.



Our date idea:



Where:



When:



Our budget:

THE ONE THING WE'RE MOST
EXCITED ABOUT:



*It doesn't have
to be perfect.
It just has to be us.*



LoverGirl Says...



*The date starts before the date.
Anticipation is a love language.*



DAY 26

ADD THE MAGIC



It's in the Details

A memorable date has thoughtful
touches that make it feel personal.
Choose at least two ways to add a
little magic to your date.

CHOOSE AT LEAST TWO:

- ☐ A favorite song or playlist
- ☐ A handwritten note
- ☐ Their favorite food or drink
- ☐ A meaningful location
- ☐ A surprise stop
- ☐ Flowers or a small gift
- ☐ A photo or keepsake
- ☐ Something from an old memory
- ☐ A dress-up moment
- ☐ Something completely unexpected

OUR PERSONAL TOUCH
WILL BE...

DAY 27

BUILD THE ANTICIPATION

The Date Starts
Before the Date.

Don't wait until the day of your date
to be thoughtful. Build excitement
and let them know something special
is coming.

CHOOSE ONE (OR MORE):

- ☐ Leave a note
- ☐ Send a clue
- ☐ Send a calendar invitation
with a mysterious title
- ☐ Tell them what to wear,
but not where you're going
- ☐ Create a tiny countdown
- ☐ Send a song that hints
at what's coming
- ☐ Make up your own



MY CLUE / SURPRISE:



See you soon...



DAYS

28-29



DATE DIFFERENTLY

Almost There.

You've dreamed, planned and made it yours.
Now it's time to protect the moment.

Life will happily fill every empty space you give it.
Put the date on the calendar and make it a priority.

A great date doesn't just happen, it's protected.



*The best memories are
made on purpose. ♡*

DAY 28

PROTECT THE TIME



Put It on the Calendar.

You've put in the work. Now make sure it happens.
Choose a date, set the time and take care of the essentials
so you can both be fully present when the moment arrives.



DATE: _____



TIME: _____



MEET ME / BE READY AT: _____

CHECKLIST:

- ☐ Reservations handled (if needed)
- ☐ Transportation handled (if needed)
- ☐ Phones will be away
- ☐ Anything we need is ready (outfits, tickets, supplies, etc.)



ONE THOUGHT BEFORE THE DATE:

*Clear plans,
open hearts.
and a night
to remember. ♡*

LoverGirl Says...



Excitement grows in the moments before.
Make the build-up part of the experience.



DAY 29

ONE LAST THING



Before Tomorrow...

Write your partner a tiny note.

It can be sweet, flirty, thoughtful or simple —
just something from you to them.

Let them know you're looking forward to the date
and why it matters.

SOMETHING I'M LOOKING FORWARD TO
EXPERIENCING WITH YOU IS...



*A little note
for you... ♡*

*Fold it.
Hide it.
Give it to
them tomorrow. ♡*

DAY

30



DATE DIFFERENTLY

This Is The Date.

For the last 29 days, you've remembered where you started, learned something new about each other, asked for more of what feels good and made room for connection.

Today isn't about completing another activity.

Go enjoy each other.



Be present.



Take the picture.



Order dessert.



Hold hands.



Laugh too loudly.



Stay a little longer.



Don't spend the date
documenting the date.
Take a photo or two.
Then put the phone away.

*Be present.
Take the picture.
Order dessert.
Hold hands.
Laugh too loudly.
Stay a little longer.
♥*



ONE MOMENT I WANT TO REMEMBER



MY FAVORITE PART WAS...



SOMETHING WE SHOULD DEFINITELY DO AGAIN...

We Did It. ♥

*30 days.
More us.*

Different conversations.
More connection.
Real intention.
And a date to remember.

A few love stories we've had
the pleasure of planning... ♥

Real couples.
Real dates.
A little LuxxeDates
magic. ♥



Hudson Valley Castle Date Night ♥

PRIVATE DINING • ROMANCE •
PRIVATE CASTLE TOUR



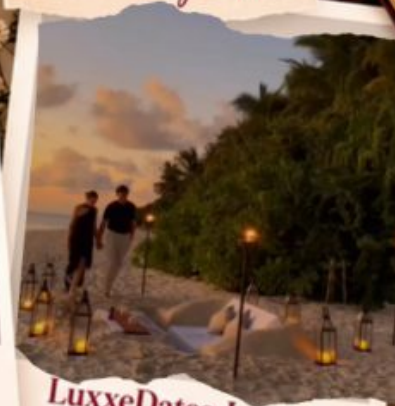
NYC Treasure Hunt Date ♥

ADVENTURE • DISCOVERY •
PERSONALIZED SURPRISES



At-Home Serenade Date Night ♥

LIVE ENTERTAINMENT •
INTIMATE DINING • ROMANCE AT HOME



LuxxeDates Jamaica: Beachside Romance ♥

DESTINATION DATES • GETAWAYS •
PROPOSALS

Your Love Story Deserves Great Dates. ♥

You've spent the last 30 days remembering, rediscovering, laughing, flirting and making more room for each other.

From intimate date nights and romantic surprises to proposals, celebrations and unforgettable getaways, LuxxeDates creates experiences inspired by your relationship, your personalities and your idea of a good time.

Whether it's an intimate evening at home, an adventure through NYC, dinner at a Hudson Valley castle or romance on a beach in Jamaica, we'll help you turn the idea into an experience that feels completely your own.

Beautifully simple. Wildly adventurous. Completely unforgettable. Make it yours. ♥

STAY IN OUR WORLD ♥



PLAN SOMETHING SPECIAL

Scan to discover LuxxeDates experiences and start dreaming about what's next.



luxxedates.com



FOLLOW THE ROMANCE

Real dates, behind-the-scenes moments, romantic places and inspiration for your own relationship.



[@luxxedates](https://www.instagram.com/luxxedates)



JOIN THE LOVE LETTER

Romantic spots worth discovering, weekend escapes, travel inspiration, date ideas, new experiences and a little LoverGirl wisdom along the way.

Got a question for LoverGirl?

Dating, relationships, romance or something you've always wanted the opposite sex to explain? Send it our way. You might hear yours in an upcoming LoverGirl Mailbag. ♥

LoverGirl Says...



30 days may be over. Keep choosing each other.
Keep dating. Keep discovering. Keep making time for us.

XOXO,
LoverGirl ♥