

Date Idea: Relax and Reflect



By Sarah Batcheller and [Jessica DeRubbo](#)

This holiday weekend, wind down from all the excitement of the New Year and spend some time alone with your significant other. Instead of watching old films or picking up a new book, consider this [dating advice](#) to improve your relationship: Bond with your partner by snuggling up by the fire, cherishing old memories, celebrating how far you've come, and talking about where you'd like to be in the future.

Follow This Date Idea to Improve Your Relationship and Love in the New Year

For this relaxing [date idea](#), find the place that helps you unwind the most. Perhaps it's by your fireplace, listening to the crackle of the logs and admiring the glow. Maybe it's on the swing overlooking the lake in your backyard. Once you've picked a spot, fill a picnic basket with some cheese, crackers, fresh fruit, and dark chocolate. Grab a bottle of your favorite wine (we suggest Cabernet Sauvignon, Merlot, or Pinot Noir to warm you— all perfect for the winter!) and settle in to talk with each other. Don't forget to bring a cozy blanket to keep you warm!

Related Link: [Rent a Cabin in the Snow](#)

Next, use your intimate time together to think critically about your past and future. Think of some professional goals that you've set and accomplished in previous years, and gather new ones that you want to achieve. Talk about why you chose

these resolutions and why it's important for you to stick with them. When following this love advice, encourage each other to commit to your respective goals; discuss how your relationship can strengthen your goal setting and how achieving your objectives will better your partnership.

Related Link: [Plan a Walk Around Town](#)

Take advantage of this date idea and talk about your relationship too. Look at where you were last year as a couple and decide what you and your sweetheart want to work on for the next twelve months. Set goals for events or activities that will better your relationship or even just add some spice to it! Discuss what you both want and think of ways to get there as a team. Plan to do yoga together twice a week or visit a new restaurant together every other Friday night. Even the small ideas will help you start off the year on the right foot – with intimacy, love, and a whole new set of plans!

What are some of your New Year's resolutions? Comment below and tell us.