

**ACTION:**  
**WEEKLY DATE**

Organise a date with each other as a couple.  
Ensure some of your dates are out of the house.  
Do different things and make sure they are lots of fun

**WHEN:**

Once a Week.  
Out of House Every Second Week.

**OVERCOMING  
POTENTIAL PROBLEMS:**

**POTENTIAL PROBLEM:**

It seems a big effort going on a date at the end of the week.

**SOLUTION:**

You plan to make each date exciting and new and different so it's something to look forward to.

**POTENTIAL PROBLEM:**

You can't find a babysitter.

**SOLUTION:**

You have the date at home but you move around the furniture and make it different and special.

**POTENTIAL PROBLEM:**

The cleaning needs to be done. You don't have time for a date.

**SOLUTION:**

You prioritise and remember that quality time with each other is NOT NEGOTIABLE. Over Cleaning is.

**ACTION:**  
**FAMILY DAY OUT**

On Weekend Mornings Be out of Bed Early.  
Plan different activities out of the house.  
Have all required things ready and organised.

**WHEN:**

At least once a week.  
Preferably Every Saturday & Sunday.  
Out for a walk in the Summer Evenings.

**OVERCOMING  
POTENTIAL PROBLEMS:**

**POTENTIAL PROBLEM:**

The children are sleeping at different times than normal.

**SOLUTION:**

You become flexible with the time and work in how you can work fun time out of the house into it.

**POTENTIAL PROBLEM:**

You sleep in later than expected.

**SOLUTION:**

You get straight out of bed and into clothes and get the children ready making sure you have a great day.

**POTENTIAL PROBLEM:**

The children are cranky and seem in bad form.

**SOLUTION:**

You remember you are more likely to change their form by bringing them somewhere new.

**ACTION:**  
**GET A BABYSITTER**

Check out Babysitter Agencies & Irish websites.  
Meet potential babysitters and check references.  
Hire someone you feel comfortable about.

**WHEN:**

Over the next month.  
Use the babysitter once every couple of weeks or more if necessary.

**OVERCOMING  
POTENTIAL PROBLEMS:**

**POTENTIAL PROBLEM:**

You can't find any babysitters from your area.

**SOLUTION:**

You go on-line to an agency and find a babysitter that works in your area.

**POTENTIAL PROBLEM:**

You can't afford a babysitter every week.

**SOLUTION:**

You don't have to have one every week but make a special effort to use a babysitter more regularly.

**POTENTIAL PROBLEM:**

You feel guilty leaving the children with a babysitter.

**SOLUTION:**

You remind yourself that your children need to develop the ability to be independent.

**ACTION:**  
**LOOK AFTER YOURSELF**

Get Regular Exercise.  
Schedule in Quality time for yourself  
Keep the time balanced to avoid guilt.

**WHEN:**

Three Times a Week Some Form of Exercise  
Take time for yourself every week or two for an hour.

**OVERCOMING  
POTENTIAL PROBLEMS:**

**POTENTIAL PROBLEM:**

You find yourself too tired.

**SOLUTION:**

You pick yourself up and remember that exercise will improve your energy levels.

**POTENTIAL PROBLEM:**

You feel guilty over leaving your partner on their own.

**SOLUTION:**

You remember that it is only for an hour or two and it is good for them to have time with the girls alone.

**POTENTIAL PROBLEM:**

You don't get a chance to have 'time for yourself'. That's a luxury you can't afford.

**SOLUTION:**

You remember that you can and must afford it if you want to live old enough to see your children married.

NOT  
ENOUGH  
HOURS

COMMITMENT STATEMENT

I \_\_\_\_\_ do commit to the following steps in my quest for better quality time and more of it. I will follow the guidelines outlined here to deal with such challenges. In the event that any unforeseen challenges prevent me from doing so, I will contact Owen immediately and work through a solution with him.

Date:

Signed: