



power-truth[®]
by amy-noelle

Have you read my blog

*“The Micro-date Revolution
- Rethinking Date Night” ?*

*Here are 14 micro-date ideas to help you feel more connected
in every now moment. Don't wait for “FriDates”
when you can micro-date any now time !*



Micro-date: One



Give a **rockstar** compliment - the kind that **ripples** into your **joy zones**.

I like to say that the best compliment is the kind that comes from noticing how you shine your light and how it touches others. You can really hear the love in it - as you are reminded of your inner spark.

Micro-date: Two


Create a **love jar** for exchanging **love-confessions**, **love-needs**, and **love-worries** - make this your daily connection **pitstop**. 

*I recently had a couple tell me that they created a jar for ***love-needs***. They shared with me how they would empty the jar at the end of each day, and that the jar served as a talisman to remind each other, "I've got your back."*

Micro-date: Three

Start each day with an intention and share it with your partner.

*I tell my clients to do this simple thing, and they love it when they start seeing how much influence they have over creating a **well-lived day**.*

You can also share your intention with your partner in a voice recording and use a voice recorder App like Quickvoice to send each other messages. I love that you can give your messages sweet titles like: "Rise with intention," sweetheart. 

Micro-date: Four

Embrace each other in a **felt** love-hug.



Have you met the hugging Saint, Amma? She travels around the world solely to give people her **healing** hugs.

Hugging is a way to hold each other's nervous system and "**cradle**" everything your partner is holding - all their stress and tension - with **loving**-compassion. It's a nervous system salve of sorts. So give an **amma-hug** today!

Micro-date: Five

Connect on the breath with a 5-minute mindful **breathing ritual**.

This is a great way to practice pauses throughout the day and bring you back into the present moment where you have incredible choice. You and your partner can take five minutes to experience the power of the pause.

Just Breathe



Breathe

*One deep inhale and
exhale is loaded with
vitalizing qualities – and
Can quickly shift your
stress levels.*

*The natural flow of “ahhhh”
In harmony with the rise
And fall of the belly mimics
The cadence of our higher
self.*

*When we pay attention to
This simple yet powerful
Thing we can connect to the
Truth of who we are.*

*Our breath is free
of conditions,
free of need,
free.*

~ Amy-Noelle



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Micro-date: Six

Practice gratitude using your five senses.



Whether it is with a plant or piece of chocolate, you and your partner can experience this moment more fully by enriching life experiences through sight, hearing, smell, taste and touch. The more you can experience the moment, the more you can find gratitude in the simple things.

*The art of gratitude is an attitude that can help you and your partner, in any given moment, course-correct and self-correct where needed. That's powerful!
Let the feeling of gratitude dance in your body.*

Micro-date: Seven



*Write down one thing that is making you “smize” right now from the inside.
Or use beaded letters to spell out one way your partner is showing up today that deserves to be **noticed**.*

Did you know smiling helps our bodies release cortisol and endorphins, reduces stress, and strengthens our immune system?

Micro-date: Eight

*Ask an **open-heart** question, inviting curiosity and connection and your partner to share in a meaningful way. Have you ever noticed how good it feels to talk to someone who will fully listen to you? Taking 10 minutes in your day to really listen is a way to nourish your love and make love-deposits to your emotional heart account.*

Micro-date: Nine

Flirt : Did you know that children are world-class flirts? That we flirt with our furry creatures all the time? Flirting is about “**uplifting**” the moment. So turn on your flirt today!



Micro-date: Ten

Gaze at something beautiful together. It could be the intertwined branches on a tree or the tranquil flames in your fireplace. Can you see its **signature** - the way it purposefully, harmoniously executes? Now share with your partner today one way you will be like the branch, be like the flame, live on **purpose**.



Micro-date: Eleven

Share a word that opens you and inspires **right action**.

I love the word Aparigraha.. It Literally means “Let everything that wants to go, go. And everything that want to come, come.”



Bonus: “Marie Kondo” your beliefs. Share a belief with your beloved partner that you are ready to let go. Ask: “**Does this belief bring me joy?**”

Or pick an inspiring quote to share. One of my favorites:

“**You have been worthy to belong to Love all along. Without any need to improve. In fact, You are Love Itself**”. ~ Tosha Silver



Love-Reminder:

*We have already arrived.
with. our .very. first. breath.
Our already-achieved enoughness cannot be taken -
just hidden.
May we show up today fully adorned and
see the magnificent spark in each other.*


~Amy-Noelle

Micro-date: Twelve

Ruminate over the **Positive** 

Try ruminating over one positive quality about your partner. We tend to knee-jerk into ruminating over negative events in our life. But what if, instead, you deliberately ruminated over something positive your partner did for you recently, or perhaps a positive feeling you can recall when your partner did that “thang”, however small, which left an imprint on the moment, in your heart. Let your partner know!

Micro-date: Thirteen

Hear a bid for connection: Turn toward your partner when s/he shares a piece of information. 

Turn up your affect attunement and really hear all of your partner from the **I-get-you** place. Don't underestimate the benefits of deeply felt understanding - it can lift the mood instantly.

Micro-date: Fourteen

Come up with your own micro-date! See how easy it is to inject **meaning into the moment and make connection a constant.**

Bonus!

*Give *yourself* a micro-date!*

Here are two of my own favorite micro-dates I love giving myself!

In your face

This face cream is truly my 5-second aphrodisiac every morning, an outrageously pleasurable self-cultivating micro-date.

The scent is omg-amazing! And this cream is packed with so much goodness. It leaves my skin glowing. I think I read somewhere that the developer of this skincare line was on a mission to create a luxurious cream with Zero harsh ingredients and said

“Bye, Bye La Mer”-In Your Face!

Because we deserve it!



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Alfa Vedic Tea

I love sipping on the Alfa Vedic Immortality Tea - Rooibos Berry. The aroma and organic notes pull me into a self-reflecting place, like a mid-afternoon “reset.” It feels like you are drinking a cup of purity - all of their teas are an experience.

It’s worth mentioning that both of these companies above believe in committing to a conscious business model by making transparency and integrity the prerequisite for product development.

You can find links below:

<https://inyourfaceskincare.com>

<https://alfavedic.com>





*Are you ready to “micro-date” your life?
Just Another way of saying, it’s time for you to*

Fall in love with your life

*The things that we most crave have no monetary
value: to be under the spell of intoxicating
conversation; to be in the
rapture of your own rhythm;
to give others your
OVERFLOW.*

~Amy-Noelle



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