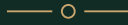
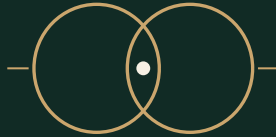


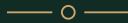
A GIFT JOURNAL FOR TWO



A Date, Just Us



7 evenings to rediscover each other
and bring back closeness



Svetlana Novikova

@novikova.energy

15-20 MINUTES A NIGHT · 7 EVENINGS

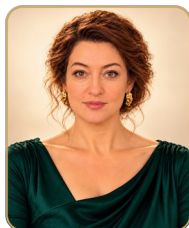
It's a Date!

*7 evenings to surprise each other again
and reconnect*

A GIFT JOURNAL FOR TWO · 15-20 MINUTES AN EVENING

Svetlana Novikova · @novikova.energy

A Letter from Svetlana



Dear friend,

After many years together, it can feel as if you already know everything about each other. Then an unexpected question, a shared laugh, or an unhurried walk opens a new chapter. I made this journal as an invitation to look past the to-do list and rediscover the person beside you.

In just two days, my videos about loneliness in relationships reached around 1 million views. I created this journal to help couples see one another anew and remember the love they share.

When a relationship has honesty and respect, a fresh start can begin with something small: twenty minutes together, listening without rushing, remembering what once made you laugh. You do not need to wait for the perfect moment. Choose an evening that works for both of you.

Closeness is built by two people. Keep faith with what matters to you, and protect the respect you owe each other.

Warmly, Svetlana

For: _____

From: _____

Our first date is planned for:

Two Moments in Our Story

Where you began — and where you are today



Where our story began

Date: _____



Us today

Date: _____

Two photographs. One story you keep writing together.



How to use these dates

Choose an unhurried evening. Each date has an unexpected opening line, a small activity, and a question to talk about. It takes about 15–20 minutes.

Skip any prompt or make up your own. There are no tests, right answers, or obligations. The point is to give each other real attention, without trying to be the perfect couple.

A time that works for us:

Three steps to a night together

01 First, remember how interesting it can be to spend time together.

02 Then add attention, affection, and something new.

03 At the end, choose what you want to repeat.

Do each date at home, on a walk, or at a café.

What would we like to bring back to our evenings?

Evening 1 · Like a first date

“Imagine we just met. Where would you take me tonight?”

Take turns answering. Then choose one detail from a first date for tonight: a drink, music, a place, or a conversation topic.

What did I notice about you today?

Which moment from the beginning would I like to relive?

After the date 1

What did your gesture say without words today?

What about tonight helped me feel close to you?

Which detail of tonight would I like to keep in my memory?
