

Finding Common Ground: Crafting Your Ing List for Meaningful Couple Activities

By Peggy L. Ferguson, Ph.D.

When trying to find things to do together, individually make a list of activities that you have some interest in. Identify new things to try, old things to get reacquainted with, things that you currently do but with a spin, and things you might enjoy learning. Here are some suggestions. Feel free to use any of these and add your own. When you have individually compiled your lists. Compare notes and identify the ones that you both have any level of interest in. The “Ing List” is catalog of ideas for engaging in activities together.

Playing tennis, golf, dominoes, poker, chess, checkers, other board games, bridge, darts _____

Visiting museums, small towns, lakes, friends’ ponds, libraries, universities, parks, farmer’s markets, art galleries, historical sites, building sites, cemeteries _____

Attending ballets, concerts, weddings, recitals, sporting events and competitions, music festivals, art festivals, _____

Traveling to Europe, Canada, the state capital, famous historical places, all the states, the Caribbean,

Learning a language, how to play the guitar, drums, accordion; to sew, crochet, macramé; learning how to can vegetables, how to do genealogy, _____

Creating something together, drawing, painting, sculpting, carving, origami, _____

Remodeling your house, your landscape, your closet, bathroom, your garage _____

Exercising by riding bikes, running, jogging, swimming, dancing, “sweating to the oldies”, yoga, karate, hiking, swimming, golf, pickle ball, tennis, volleyball, soccer, water aerobics, jazzercise,

Doing ordinary things together but differently, cooking new recipes, having coffee on the deck, greeting the sunrise together, babysitting grandkids in a different place, cleaning house to jazz,

Socializing with friends, attending potluck dinners, hosting a book club, movie night, a progressive dinner, a murder mystery party, an ice cream social, costume party; attending community events with friends, _____

Joining a community choir, dance group, art guild, farmer's market, community theater, a community service board of directors, a running group, a church, a meditation group, _____

Volunteering to host foreign exchange students, drive for meals on wheels, donate blood, teach English as a second language, build houses with Habitat for Humanity, serve as an precinct worker for elections, _____

Engaging in miscellaneous fun stuff like, running a marathon, fishing, photography, hot air ballooning, going camping, gardening, picking apples, _____

Planning your vacation, your dream home, your dream retirement,

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The Honey Jar helps couples create a safe and comfortable space to communicate and express their thoughts and feelings. It allows couples to practice active listening and recognize the emotions behind their partner's words. The Honey Jar helps couples restore closeness to build healthier relationships. For more information, go to www.peggyferguson.com/TheHoneyJar.

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