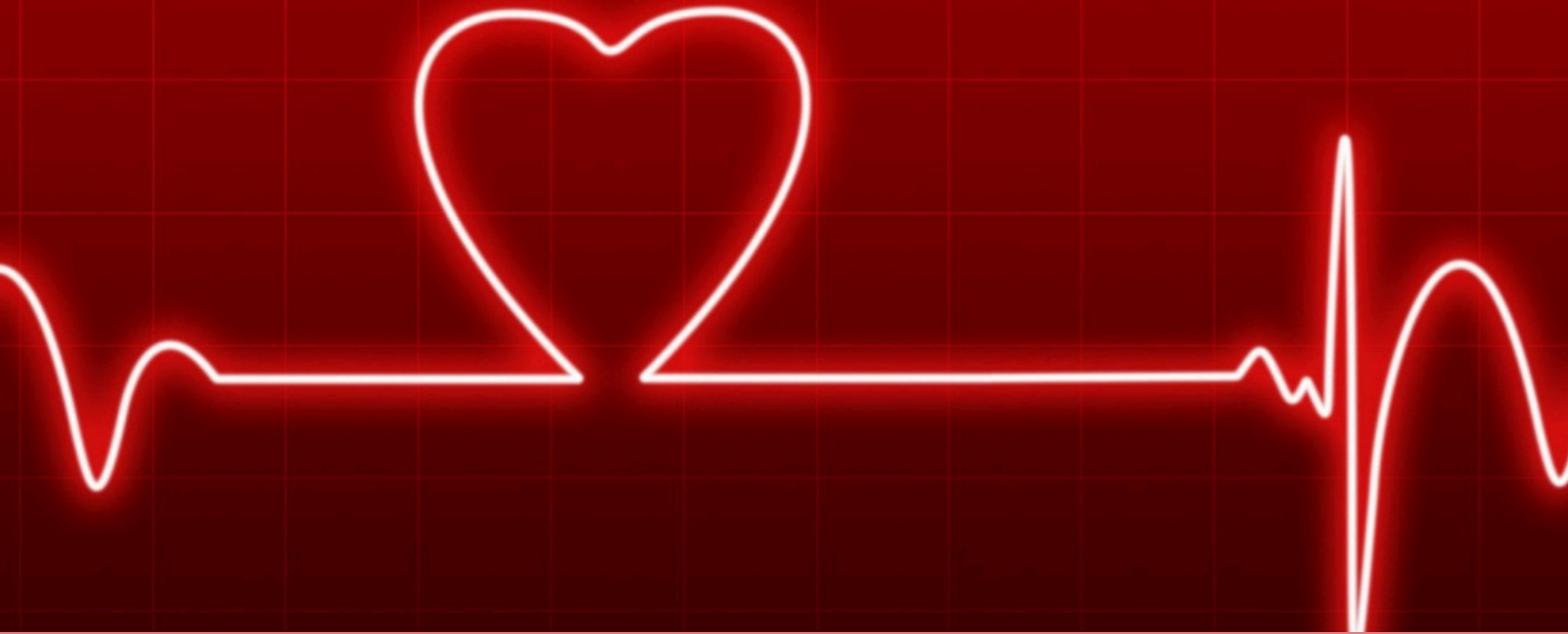


Sweetheart BINGO



A GAME DESIGNED TO **REKINDLE THE SPARK** AND
BRING BACK THE FUN TO YOUR RELATIONSHIP!





WELCOME TO YOUR ROMANCE REBOOT!

Relationships experience ups and downs... but sometimes the toughest part is when it's neither up nor down, it just gets stagnant. 😞

If you are looking for a fun, light-hearted way to reignite your connection and bring back some excitement to your relationship, Sweetheart Bingo is just what the doctor ordered. ❤️

The concept is simple and you can make up your own rules...

You can even create your own bingo boards to personalize it even further! 😍

Use this guide to help you set up and play the game, tailor it to your preferences, choose/create the right tasks that will not only be fun but also positively impact your relationship and bring you closer together.

Use it as a fun journey back to the moments that made your relationship special.

In a world filled with responsibilities and busy schedules, it's easy to forget the magic of those early days when your hearts raced at the mere sight of each other. Remember that feeling?? 🔥

Sweetheart Bingo is your passport to reenter that world.

The beauty of Sweetheart Bingo lies in its simplicity. The rules are yours to make, the boards are yours to customize. It's a canvas for you to paint your love story, one square at a time. MAKE IT FUN! 🌸



from the Creators

First let us express our deepest gratitude to you for investing in your relationship with our Sweetheart Bingo Game. ❤️🙏 It really is more than just a game. It will truly help reignite the spark in your own love life. ✨

We know because it works for us! 😍

Jeff and I LOVE how this game has had such an incredible impact on our relationship and we know it can do the same for you too! We too can sometimes get stuck in a rut of monotony! 😬

Let's face it, relationships are not always easy. The tiniest of things can begin to slowly chip away and cause long term heartache.

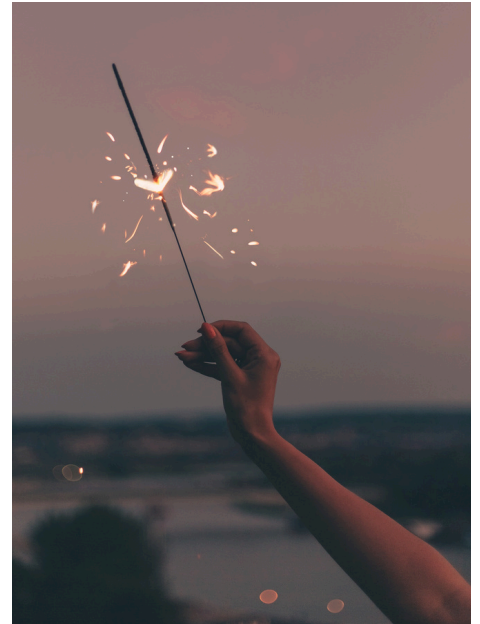
In the same way, small loving acts can make a huge difference in the strengthening, healing and reconnection of two people. 🥰

This game is great because no matter what phase you are in, you can tailor the activities to fit your needs.

Use it as a tool to add fun and harmony to your unique circumstances! ❤️🔥

We encourage you to play with an open heart, a sense of adventure, and don't be afraid to step outside your comfort zone!

Megan & Jeff
**MEGAN BENDTZEN
& JEFF EBERHART**



THE SETUP

- **DESIGN YOUR BINGO BOARDS.** Use the included boards or personalize them to suit your relationship and the type of tasks that will create an impactful experience.
- **DECIDE ON YOUR PRIZES.** What will motivate you to earn a square?
- **DECIDE ON THE RULES.** Use ours or set your own! You have the flexibility to adapt this game to your unique relationship dynamics.
- **PRINT OUT 2 BOARDS.** One for each of you.
- **LET THE GAME BEGIN!**

PLAYING THE GAME

Just like regular BINGO, your goal is to mark off squares and get 5 in a row!

In Sweetheart Bingo, instead of a number in each square, there is a fun task. Complete the task to earn the square! Have fun!



You can print out two copies of our bingo board in the attached PDF files or you can create your own!

Below is a copy of what our board looks like. To create your own, keep reading this guide for several ways to customize your board.

Sweetheart
B I N G O

Earn Squares By Completing The Various Tasks. First One To Get Bingo Wins Choice of: Romantic Dinner Made By The Other, a Winner's Choice Afternoon Adventure or a 1-Hr Massage! Blackout Bingo Earns Winners Choice - Determine Ahead of Time!

SERVE THEM BREAKFAST IN BED	DO A SURPRISE SERENADE	WRITE A LOVE NOTE & HIDE IT FOR THEM TO FIND	GREET WITH A HUG AND A KISS	SUGGEST A SHORT WALK... THEN GO!
RUN YOUR HANDS THROUGH/PLAY WITH THEIR HAIR 5 MINS	SURPRISE THEM WITH THEIR FAVORITE DESSERT	PUT ON "YOUR SONG" AND GRAB THEM FOR A SLOW DANCE!	GIVE THEM A SINCERE COMPLIMENT - FREE SPACE IF THEY DON'T ACCEPT IT!	WRITE A QUICK, CUTE POEM ABOUT THEM & READ IT ALOUD
PUT ON COLOGNE/ PERFUME THEY LOVE AND GIVE THEM A LONG LINGERING HUG	SHARE ONE OF YOUR FAVORITE MEMORIES TOGETHER	INVITE THEM TO WARM UP BY A FIRE AND PLAY A GAME	SURPRISE THEM WITH A ROMANTIC HOT TUB HOUR	TELL THEM 3 REASONS WHY YOU LOVE THEM
ACKNOWLEDGE THEM FOR SOMETHING THEY DID	PREPARE A SURPRISE HAPPY HOUR!	GIVE THEM A 5-MINUTE NECK MASSAGE	FIND A CREATIVE WAY TO SAY "I LOVE YOU!"	GRAB THEM FOR A SPONTANEOUS DANCE PARTY
FIND A FAVORITE PHOTO OF YOU BOTH AND PUT IT SOMEWHERE FUN TO SURPRISE THEM	SEND THEM A FLIRTY TEXT MESSAGE	BRING THEM FLOWERS OR FANCY CHOCOLATES	READ A SWEET LITTLE SHORT STORY TO THEM	PLAY A GAME OF HIDE AND SEEK

SWEETHEART BINGO

*A successful marriage requires
falling in love many times, always
with the same person.*



TAILOR THE GAME TO YOUR RELATIONSHIP

Customize the Tasks! Take a look at your relationship and decide which tasks would best suit you to bring you closer together.

If your partner isn't enthusiastic about the game, start with easy tasks to warm them up!

If you're going through a challenging time, opt for tasks that focus on communication, connection, and understanding.

The following pages contain different relationship scenarios and suggestions for each.

SWEETHEART BINGO

CUSTOMIZING YOUR BOARDS

1 REKINDLING THE FLAME

If your relationship has plateaued and you're looking to infuse some excitement and passion back into it, consider tasks that encourage spontaneity, romance, and adventure. Create an atmosphere of love and connection by lighting candles and sharing sweet moments.

EXAMPLES:

- Create a Romantic Picnic
- Dance Under the Stars
- Write a Heartfelt Love Letter
- Make a Romantic Candlelit Dinner
- Share a Playlist of Songs that Remind You of Them

2 NEW BEGINNINGS

Maybe you've recently overcome a significant hurdle in your relationship, or you've grown apart. Your focus is to deepen your connection and learn more about each other. Choose tasks that encourage open and honest communication, trust-building, and connection.

EXAMPLES:

- Share a Secret with Your Partner
- Prepare Your Partner's Favorite Meal
- Share a Vision of Your Future Together
- Plan an Adventurous Outing (hiking, zip-lining, something thrilling)
- Ask Your Partner 5 Meaningful Questions About Their Life



3 GETTING THEM ON BOARD

If your partner is less enthusiastic about the game, include easier tasks that gradually draw them into it. The goal is to ease them into the game and ensure they enjoy it.

EXAMPLES:

- "Their Choice" Movie Night
- Give them a Sincere Compliment
- Greet them with a Hug
- Hide a Love Note for them
- Play a Romantic Song for them

4 A TAILORED EXPERIENCE

Add a personal touch to the game by having different custom boards for each of you. This increases the excitement, as you'll be doing activities you know your partner adores.

EXAMPLES:

- Take her Shopping
- Buy her Favorite Dessert
- Give her a Spa Night at Home
- Take him to a Game of his Favorite Team
- Do One of his "Chores" for him
- Flash him! 😊

5 INTIMACY BOOST

If you're seeking more ways to strengthen your bond, your tasks should promote deep connection, trust, and passion. Share your deep thoughts, or try things that get your hearts racing.

EXAMPLES:

- Intimate Q&A
- Put on a Fun Outfit & Role Play
- Share your Deep Appreciation for them while Cuddling
- Do a Sexy Lap Dance
- Give a 10-min Gentle Soft Touch Massage

TIP FOR SUCCESS

Go for a nice balance of "easier" tasks and ones that require a little more effort. You want to be able to get a few quick wins to keep up the momentum and excitement.

A WORD ON

The Prizes

Do All Things With Love

When deciding on prizes for your game, choose things that will motivate you and your partner to want to play! Here are some ideas:

- Romantic Dinner Made by the Other!
- Winner's Choice Afternoon Adventure!
- 1-Hour Massage Given by your Sweetheart!
- Volunteer Together at Winner's Choice Charity!

Have a special prize for Blackout Bingo! Achieving a Blackout Bingo should come with a unique reward that you both cherish. A few ideas:

- Winner's Choice Romantic Date Put on by Partner!
- Full Day At-Home Spa Experience!
- Winner's Choice Weekend or Overnight Getaway!
- Anything Goes - at the Winner's Whim for a Day!

We say each person can earn up to 3 standard bingos before someone declares blackout. Decide what will be most motivating for you!

Sweetheart Bingo is an opportunity to strengthen your connection while having fun. Use these suggestions as a starting point and get creative to make your game uniquely yours. ❤️

A WORD ON The Rules



Create rules that work best for you and your partner.

Here are a few of ours to get you thinking...

For many married couples, falling in love and saying "I do" was the easy part. Living happily ever after is the part that takes a whole lot of work.

First, when we play, we have a rule that you can't earn multiple squares for one activity, even if you end up incorporating multiple tasks – just pick one square to mark off at a time.

Second, we don't have time restrictions. Life is busy,

and although the point is to create a stronger relationship, we don't feel pressure to complete multiple tasks daily or even every day.

Just don't let too much time pass in between either, find the right balance to keep each other's interests.



MORE ON RULES

We know we have two pages on rules, haha, but truly, don't get too caught up in the competition aspect. The reality is, if you are completing tasks and having fun together, you are both winning, and that is the entire point of the game!

If you are designing your own boards, be sure to spread out the "harder" tasks; arrange your boards so that getting a bingo requires a little effort.

We say this one lightly... because we don't want you to get too caught up in arranging bingo squares! The whole point of this game is to have fun with your partner completing the tasks... so get playing!

Which of course brings us to our final rule... this one is required... for this game to work, you have to PLAY!!

That's our mantra...

PLAY to Win! Cheers! 🍷🍷

THE SCIENCE BEHIND THE GAME

SWEETHEART BINGO OFFERS A CLEVER COMBINATION OF RELATIONSHIP PERKS AND HIDDEN NEUROLOGICAL BENEFITS.

Relationship Building: The act of completing tasks forges trust, as you rely on each other to fulfill promises. Neurologically, this encourages the release of oxytocin, also known as the "love hormone" or "cuddle chemical." It promotes bonding and attachment, fostering a stronger emotional connection between partners. 🥰

Positive Reinforcement: When you engage in fun, rewarding activities together, it stimulates the release of dopamine, a neurotransmitter associated with pleasure and reward. Every completed task provides a small dose of this feel-good hormone. Over time, these positive interactions contribute to a more satisfying and joy-filled relationship. ❤️

Reduced Stress and Anxiety: When you play this game, you momentarily step away from daily stressors and focus on fun, positive interactions. This diversion can lead to a

reduction in stress hormones like cortisol. As cortisol levels drop, you'll feel more relaxed and at ease, improving your emotional well-being. 🥰

Creative Stimulation: Selecting or designing tasks for your Bingo Boards requires a creative mindset. Engaging in creative activities triggers the release of endorphins, which help boost mood and relieve stress. It encourages creative thinking, allowing you to explore different ways of expressing yourself within the relationship. 🧠

Communication Enhancement: The game promotes healthy communication, encouraging partners to discuss their preferences and desires as they select or create tasks. Effective communication is essential for a thriving relationship. In the brain, this engages the prefrontal cortex, which governs complex cognitive behavior, including social interaction and problem-solving. 🗣️



By combining these relationship benefits with the neurological advantages of Sweetheart Bingo, you're not only reigniting the spark in your relationship but also promoting healthier mental and emotional states, ultimately enhancing your well-being and connection with your partner. Isn't love grand? ☀️

***When You Mix Love and Laughter,
You Will Get “Happily Ever After!”***

We are excited to share this special

BONUS

**Access to Megan & Jeff's Ridiculously
Awesome Love Song Playlist on Spotify!**

Over 70 excellent songs to create the mood ❤️

You should receive an email from us with the
instructions how to access the playlist!

Check your spam folder just in case; and please
EMAIL ME if for some reason you haven't received.



Fun Fact: This photo was taken BEFORE Jeff and I actually began dating! (notice the date!)

We were out with friends for New Year's Eve. No wonder we fell in love. 😊 We got moves.
The story of how we came together is CRAZY; if you want to hear it, check out the next page. We'd love to get to know you!



We hope you have fun with this game!

We have many more games for couples and a live series dedicated to building stronger and more FUN relationships!

[It's Happy Hour with Megan & Jeff - REALationship Talk!](#)

These live virtual events will teach you how to have so much fun in love that everyone around you pukes!

Love doesn't have to be so hard. COME PLAY!

MEGAN
BENDTZEN
The Doctor of Fun