
YOUR FREE GUIDE

REIGNITE 5 SHIFTS FOR EMPTY NESTERS

The simple roadmap for couples 50+ to go from quiet roommates back to genuinely crazy about each other.



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Couples Coaching for Empty Nesters · [EmptyNestMarriage.com](https://www.EmptyNestMarriage.com)



A QUICK HELLO

FROM OUR MARRIAGE TO YOURS

Hey — we're Billy and Maryruth. If you're reading this, the kids have probably left (or they're about to), the house got quiet, and somewhere in there you realized you and your spouse had drifted further apart than you meant to.

First thing we want you to hear: **you're not broken, and you're not alone.** This happens to good couples who spent decades pouring everything into their kids. Nobody warned you the easy part was about to end.

We've lived this exact season — and clawed our way to the other side, where we genuinely have more fun, more connection, and a better marriage than we did in our 30s. These five shifts are how. Take them one at a time. You've got this.

Let's begin. →

1

SHIFT ONE — RECONNECT

THE CONVERSATION STARTER

"We have nothing to talk about anymore."

When the kids leave, they take the easy topics with them. Dinner becomes logistics and silence. The fix isn't talking *more* — it's talking *different*. Stop trading status updates ("did you call the plumber?") and start asking real questions again.

Here's the secret: you don't actually know everything about your spouse. Thirty years in, they've changed — they have new dreams, new fears, new opinions you've never heard. Get curious about the person they are *today*, not the one you married all those years ago.

This first shift is the foundation. Everything else — intimacy, fun, purpose — grows out of two people who actually talk to each other again. So we start here, and we start tonight.

TRY THIS TONIGHT

At dinner, ask: *"If we could do anything together in the next five years — money aside — what would you want it to be?"* Then just listen. No fixing, no logistics. Watch where it goes.

2

SHIFT TWO — REKINDLE

THE INTIMACY RESET

"When did we stop reaching for each other?"

Physical closeness rarely ends in a dramatic moment — it fades so slowly you can't name the day it stopped. The good news: it comes back the same way it left. Gradually, gently, on purpose. You don't start with the bedroom. You start with *touch*.

Non-sexual affection is the on-ramp: a hand on the back, a real hug, holding hands on the couch. It rebuilds the safety and warmth that everything else grows from. No pressure, no performance — just reconnecting physically with the person you love.

This is the conversation most couples are too embarrassed to have — and the one they're most relieved to finally start. There's no shame here. Intimacy after 50 isn't behind you. For a lot of couples, the best is genuinely still ahead.

TRY THIS THIS WEEK

The 3-minute habit: every day, share one real hug — not the quick pat, the full 20-second kind — and hold hands for a few minutes in the evening. That's it. Watch how much shifts in seven days.

3

SHIFT THREE — REDISCOVER

THE IDENTITY SHIFT

"I don't know how to just be a husband or wife anymore."

For twenty-plus years, you were Mom and Dad. That role was your whole identity — and it walked out the door with the kids. That hollow, untethered feeling? Totally normal. This shift is about rediscovering who you are now, as individuals *and* as a couple.

Here's the reframe: this isn't a loss, it's a return. You get to be a person again — not just a parent. And so does your spouse. The most exciting part of this whole chapter is getting to meet the people you've each quietly become while you were busy raising a family.

When you rediscover yourselves, you give your marriage something brand new to fall in love with. You're not trying to get back what you had at 30. You're building something better, with two people who actually know who they are now.

TRY THIS TOGETHER

Each of you finishes this sentence on paper, then trade: *"Something I've always wanted to try but never had time for as a parent is _____."* No judgment. Just possibility.

4

SHIFT FOUR — REPLAY

THE FUN FACTOR

"When did we stop having fun together?"

Somewhere along the way, "fun" became something you scheduled for the kids. Date night turned into the same dinner, same couch, same show. But here's the thing — couples who laugh together, last together. Play isn't a luxury in a marriage; it's the glue that holds it.

And you've finally got the one thing you've been short on for two decades: *time and freedom*. This is the season to actually use it. New adventures, new inside jokes, a little spontaneity. It doesn't have to be expensive or elaborate. It just has to be *yours*.

Fun is also the fastest way to feel like a couple again instead of two co-managers of a household. When you laugh together, the walls come down — and everything from Shift One through Shift Three gets easier.

TRY THIS THIS MONTH

Take turns planning one "surprise" mini-date the other knows nothing about — a drive somewhere new, a class, a do-over of your very first date. Small budget, big effort. Then swap.

5

SHIFT FIVE — REPURPOSE

THE PURPOSE MAP

"What's our 'why' now that the kids are grown?"

This is the one couples tell us changed everything. Raising your kids gave your marriage a mission — a shared, all-consuming purpose. When they left, that purpose left too, and a marriage without a shared "why" tends to quietly drift.

So you choose a new one. Together. Maybe it's serving your community, deepening your faith, building something, traveling with intention, or pouring into your grandkids on purpose. A shared mission is what turns "reconnected" into "unbreakable." It points the spark at something bigger than yourselves.

This is where reconnection becomes lasting. The first four shifts rebuild the relationship; this one gives it somewhere to go. Couples with a shared purpose don't drift — they're rowing the same direction, on purpose, for years to come.

TRY THIS SOON

Set aside an hour, grab coffee, and ask each other: *"What do we want these next 20 years to be FOR?"* Don't solve it in one sitting. Just start the conversation. It's the most important one you'll have.

WHAT'S NEXT

THIS IS JUST THE BEGINNING.

These five shifts can genuinely change the temperature of your marriage — start with even one and you'll feel it. But reading about it and *living* it are two different things, and most couples do better with a little support and someone in their corner.

That's exactly what we do. Our **Reignite program** walks you and your spouse through all five shifts, together, with us beside you the whole way — plus a community of couples in the very same season.

READY TO GO DEEPER?

Visit our website or reach out — let's see if we're a fit. No pressure, no countdown timers. Just a conversation between couples.

This chapter can be the best one of your marriage. We mean that with our whole hearts.

*Rooting for you both,
— Billy & Maryruth*

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