

Relationship Check-in

1. What do you love most about your partner?

A. _____

B. _____

C. _____

2. What changes would you make to improve your relationship?

A. _____

B. _____

C. _____

3. List something special you want to plan for your partner.

Ex: date, movie night, dinner.

4. Plan a weekly check-in with your partner. Talk to each other about how the week went. Are there things you would change? What could have gone better? Remember, it's not the time to argue or fight about what went wrong; you're creating a safe place to talk. Checking in regularly with your partner is just one principle I recommend following for a happy, successful relationship.