

RELATIONSHIP CHECK-IN

Use these prompts for a step by step check in with your partner to prioritize the week! It helps to look at your goals for the year. Here are some suggestions on what kind of goals to set:

PERSONAL

Share your personal goals so you can support each other.

FAMILY

What trips are you planning as a family or to see other family?

COUPLE

What do you want to do as a couple?

BUSINESS OR WORK GOALS

What are you trying to achieve in your work life?

PURPOSE

To create an intentional conversation that prioritizes your relationship. This guide will help create space for reflection and to navigate the upcoming week.

The weekly check-in is best when it is done on the same day each week. I recommend Sunday or Saturday. Once Monday rolls around, the week has begun and it can get away from you. Ultimately, you and your partner are in charge of adapting how the check in fits in your life. As long as you are connecting with your partner, it is working!

Just like any other habit, the more you do it, the easier it will be. After a few months of consistency, many find if they miss a check-in, the week does not go as smoothly.

CHECK-IN ACTION ITEMS

- Create a safe place for discussions
- Review & reflect the past week
- Plan for the upcoming week
- Have a moment of gratitude and love
- Schedule what is important
- Plan for upcoming challenges
- Share and update individual goals/intentions
- Co-create your life together & the family you are raising if applicable

OVERVIEW

- Settle in and be present
- Weekly Overview & Logistics
- Values & Foundation Deep Dive
- Connection/Authentic Relating
- Close

DROP-IN & HEADSPACE CHECK

HOW ARE YOU FEELING?

Name a color and share it with your partner, and why you are feeling that way.

GREEN - Energized, excited, eager, present, open for opportunity

YELLOW - Meh, melancholy, cautious, neutral

RED - Exhausted, overwhelmed, frustrated, needing space

SET THE TONE

Make sure kids and pets are accounted for before you begin. This may be a good time to break out a special toy, movie, or game that they can play while you meet without distraction. Set a timer for three minutes. Use this time to:

- Settle in with deep breaths
- Close your eyes
- Send love to yourself.
- Send love to your partner
- Send love to your relationship & the life you have created together
- Once you feel present and ready to talk, open your eyes.

FOUNDATION OF A RELATIONSHIP

ADVENTURE & PLAY

- What trips can we plan?
- What play can we schedule?
- How can we add more fun in the relationship?
- What is something new we can try?

MOVEMENT & HEALTH

- What hikes, bikes, or walks can we take?
- What movement breaks can we plan during our workday?
- Is there a workout class we want to take together?
- Meal prep together?

SEX & INTIMACY

- Get Sex Dates on the calendar!
- Some examples:
 - Quickie
 - King/Queen worship
 - Sexploration
 - Massage

MISC.

- Meditate?
- Money date?

RESOURCES

KING/QUEEN WORSHIP

A designated time to devote yourself to your partner. Your only goal is to love them in the way they desire. This can be sexual or non-sexual. Pouring a bath with candles or a massage are great examples.

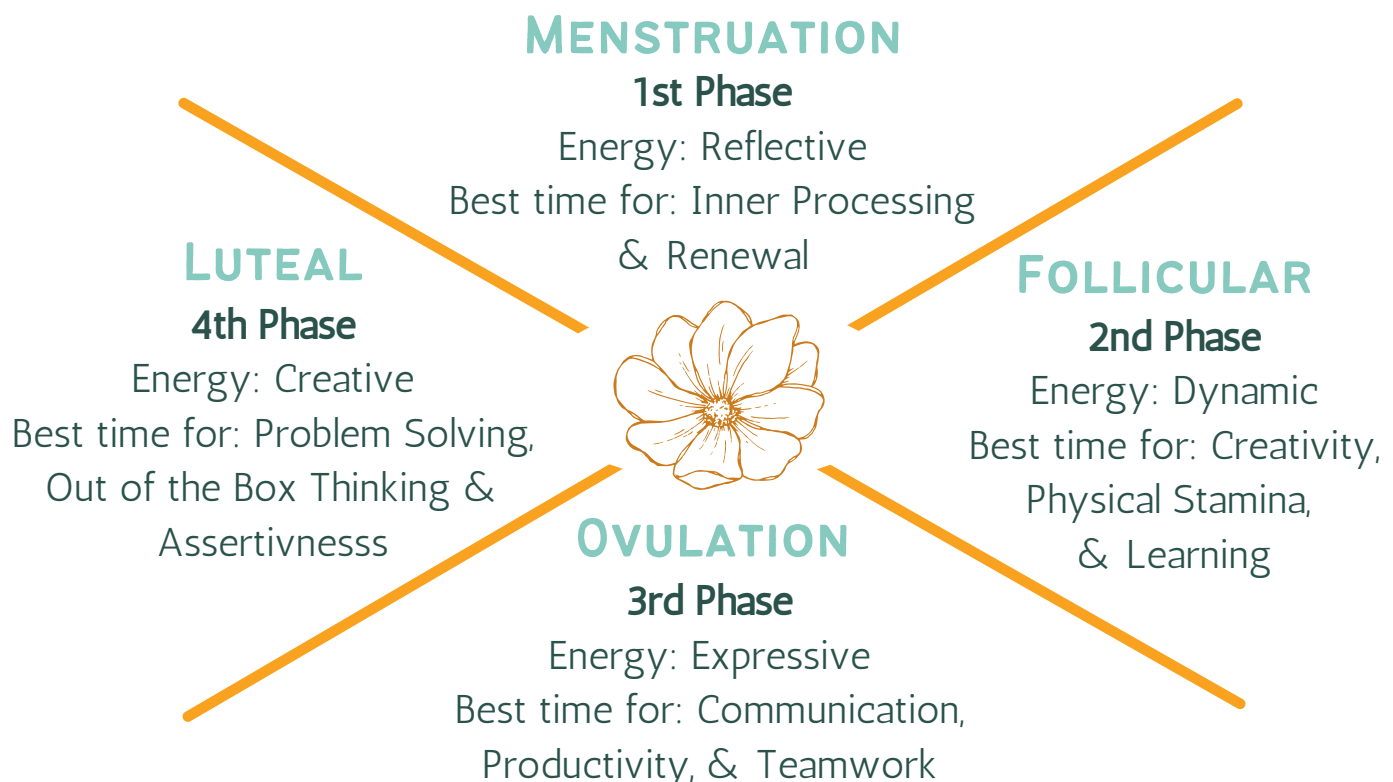
SEXPLORATION

A time to explore something new and exciting in the bedroom. No outcome attached, so there is no way to fail!

STARTERS FOR CONVERSATION

- Last week, I appreciated it when you
- I loved it when we....
- Something I wish I would have done differently was....
- When you did xyz, it made me feel special. Thank you!

MENSTRUATION CYCLE



WEEKLY OVERVIEW

WEATHER

- What does the upcoming week look like?
- What days can you go outside and enjoy nature?
- Find an outdoor activity you are excited about and put it in your calendar!

COMMITMENTS

- Take a look at the upcoming events, appointments, etc.
- What needs to be communicated now?
- Is there anywhere you will need support?

MENSTRUAL CYCLE

- What part of her cycle is she on?
- Menstruation (Winter)
- Follicular (Spring)
- Ovulation (Summer)
- Luteal (Fall)
- Based on the phase, what kind of support will she need. (See Menstrual Cycle diagram for details)

RELATIONSHIP

- What play do you want to schedule together:
- When can you create space for your relationship? (Date night, day, lunch, walk, etc)
- What date nights do you want to plan?
- What time do you want to carve out for one another?

SAMPLE WEEK

MONDAY

MONEY
DATE

TUESDAY

YOGA

WEDNESDAY

QUICKIE

THURSDAY

COFFEE DATE
OR WALK

FRIDAY

DATE
NIGHT

SATURDAY

HIKE &
SEXPLORATION

SUNDAY

WEEKLY
CHECK-IN