

# RELATIONSHIP CHECK-IN

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Let's start with goals to know what you are working toward! This is your life and you get to create it while supporting each other. Suggestions on goals to set:

## PERSONAL

Health, business or work, new hobby, more social time? Share so you can support each other.

## FAMILY

Trips, Holidays, dinners together, or game nights are all ideas! What is important to your family? Experiences, athletics, community, health? Keep these in mind.

## COUPLE

Date days or nights, a weekend away, take a class together?

## BUSINESS OR WORK GOALS

What are you wanting for your business or work life?

# WHY HAVE A CHECK-IN?

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It creates an intentional conversation that prioritizes your relationship! This guide will help create space for reflection and to navigate the upcoming week so there are no surprises and you are on the same page.

The weekly check-in is best when it's done on the same day each week. I recommend Sunday. 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

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

# DROP-IN & HEADSPACE CHECK

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## 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

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Make sure kids 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 a few deep breaths, close your eyes if you'd like, send love to you and your partner. Once you feel present and ready to talk, open your eyes.

# FOUNDATION OF A RELATIONSHIP

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## ADVENTURE & PLAY

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

## MOVEMENT & HEALTH

- What hikes, bikes, or walks can we take?
- What movement breaks can we plan?
- Workout together?
- Meal prep together?

## SEX & INTIMACY

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

## MISC.

- Money date?
- Double dates?

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## 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!

## CONVERSATION STARTERS

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

# WEEKLY OVERVIEW

## WEATHER

- What does the week look like?
- What days can you go outside?
- 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?
- Is there anywhere you will need support?

## MENSTRUAL CYCLE

- What part of her cycle is she on?
- 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?
- When can you create space for your relationship?
- Plan date nights or days

# SAMPLE WEEK

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MONEY DATE WALK QUICKIE COFFEE DATE DATE DAY SEXPLORATION

# MENSTRUATION CYCLE

