

WEEKLY CHECK-IN

Take turns asking your partner the following questions:

1. How do you feel about me today?
2. What did you appreciate most about me this week?
3. Is there anything you feel incomplete about from this past week that you'd like to talk about?
4. What do you wish I had done more of this week?

Take turns telling your partner about the following:

5. How do you feel you've done as a partner this week?
6. How are you are feeling in general?
7. What do you need from your partner this coming week?
8. How can your partner make you feel more loved and supported in the coming days?
9. If there is anything coming up that your partner should know about?