CHECKLIST · RELATIONSHIP

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Establishing Rituals of Connection

Rituals of connection create intentional moments to strengthen bonds. Use this checklist to build meaningful routines together.

10 steps | Print-ready A4



NAME	START	TARGET DATE

1 Identify Shared Interests

Find activities or hobbies you both enjoy as a starting point.

EXAMPLE *Cooking meals together or watching a favorite show weekly.*

2 Set a Regular Schedule

Choose consistent times for rituals, like every Saturday morning or after dinner.

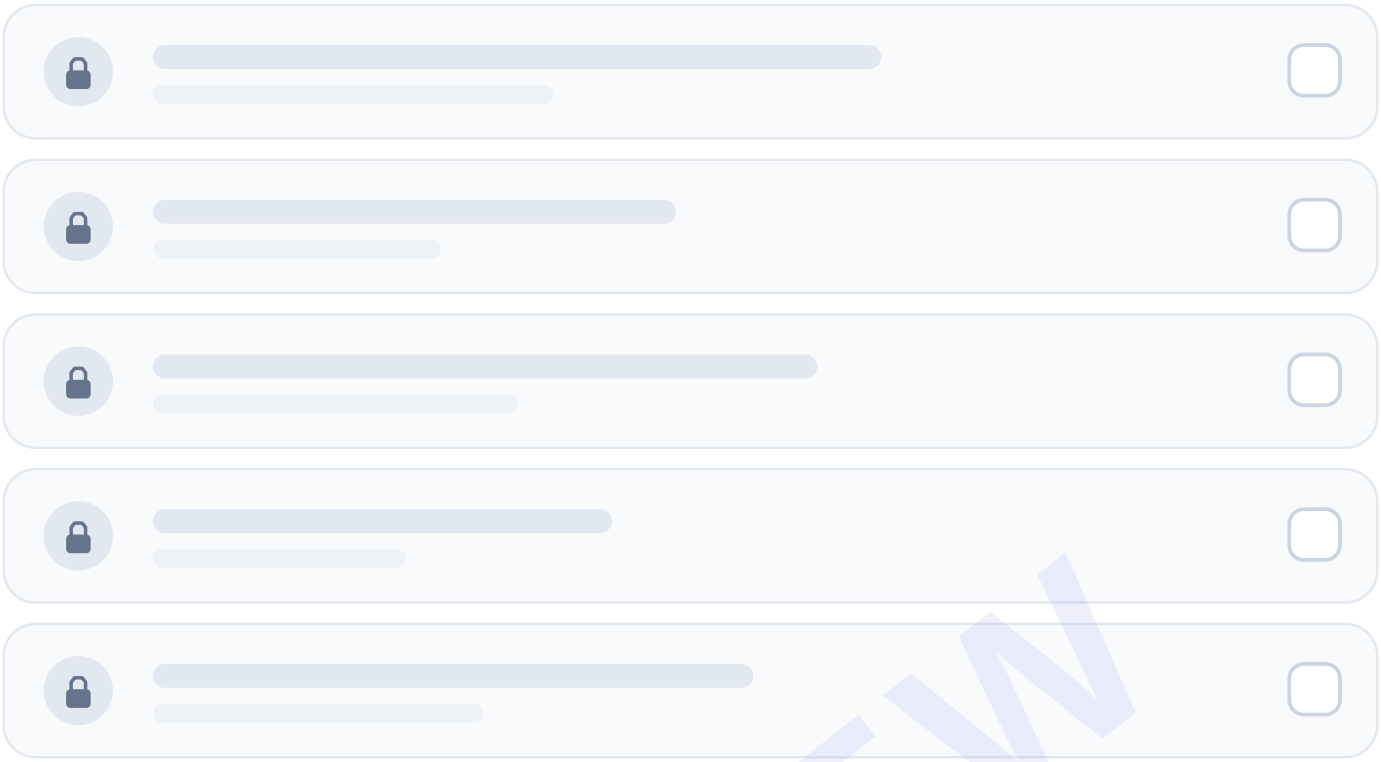
TIP *Add these routines to your calendar to prioritize them.*

3 Incorporate Daily Check-Ins

Spend a few minutes each day talking about your day or feelings.

TIP *Use prompts like, “What was the best part of your day?”*

PREVIEW



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PREVIEW