CHECKLIST · RELATIONSHIP

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Sustaining Passion in Long-Term Relationships



Maintaining passion in a long-term relationship fosters intimacy and excitement. Use this checklist to keep the spark alive.

10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Prioritize Quality Time

Spend intentional time together without distractions.

EXAMPLE *Plan weekly date nights or shared activities like cooking dinner.*

2 Express Affection Regularly

Show physical and verbal affection daily to reinforce intimacy.

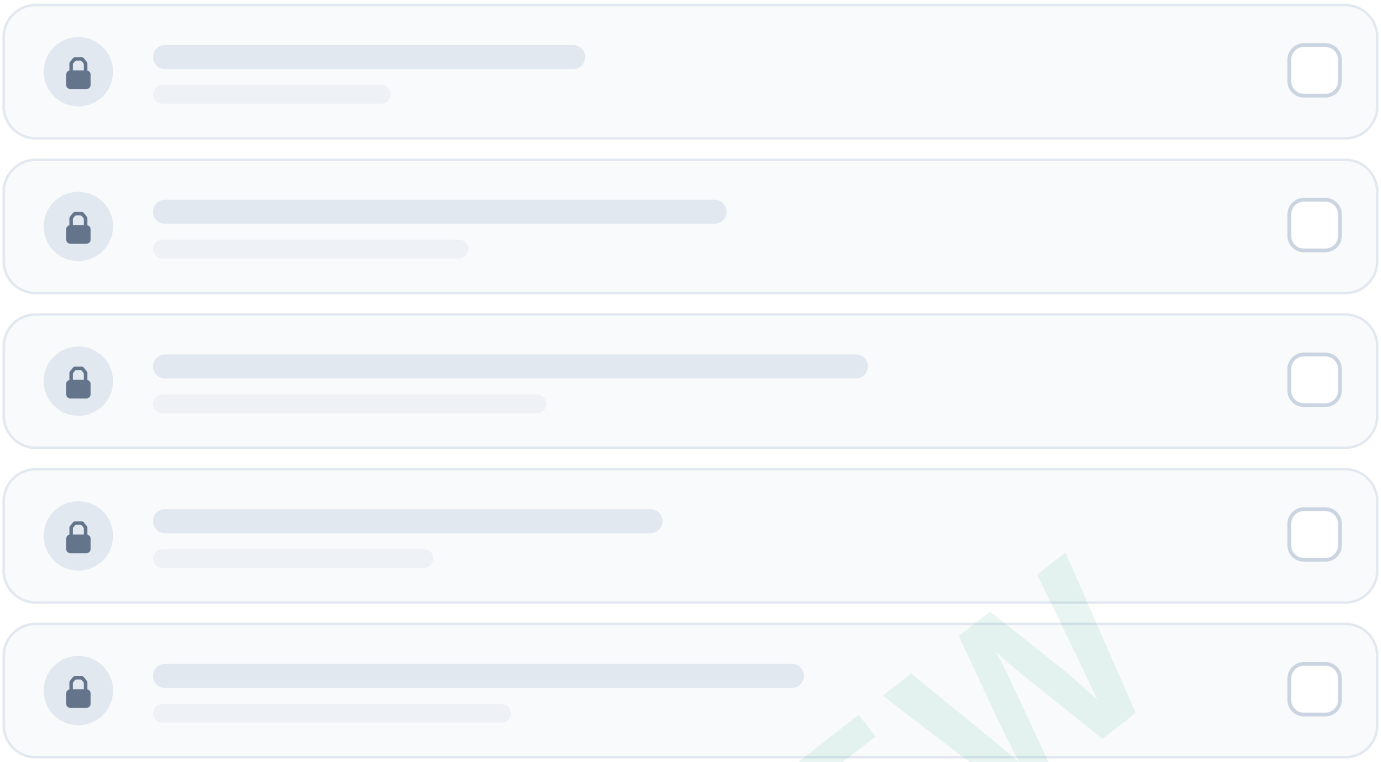
TIP *Give compliments, hugs, or hold hands to maintain closeness.*

3 Explore New Experiences Together

Try activities you've never done before to build shared excitement.

EXAMPLE *Take a dance class, go zip-lining, or travel to a new destination.*

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