CHECKLIST · RELATIONSHIP

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Nurturing Long-Distance Relationships



Long-distance relationships thrive with intentional effort and open communication. Use this checklist to stay connected despite the distance.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Schedule Regular Calls**

Plan video or phone calls to maintain emotional intimacy.

TIP *Use apps like Zoom or FaceTime for quality connection.*

2 **Share Daily Updates**

Exchange texts, photos, or voice notes to feel part of each other's lives.

TIP *Talk about both big events and small, everyday moments.*

3 **Set Relationship Goals**

Discuss future plans, like when to visit or move closer.

EXAMPLE *"Let's plan to visit every three months until we're together."*

PREVIEW



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