CHECKLIST · RELATIONSHIP

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Establishing Relationship Traditions



Creating traditions strengthens connections and provides meaningful rituals for your relationship. Use this checklist to establish traditions that matter to you.

10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Identify Shared Interests**

Discuss hobbies or activities you both enjoy that could become traditions.

EXAMPLE *"We both love hiking—let's plan an annual trip to a new trail."*

2 **Celebrate Anniversaries Meaningfully**

Develop unique ways to honor milestones each year.

TIP *Revisit the location of your first date or exchange handwritten letters.*

3 **Create Holiday Rituals**

Incorporate personal touches into how you celebrate holidays together.

EXAMPLE *Bake cookies as a couple every Christmas or volunteer at a shelter.*

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