CHECKLIST · RELATIONSHIP

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Balancing Individuality and Togetherness



Maintaining a balance between personal identity and connection enhances relationship harmony. Use this checklist to achieve equilibrium.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Define Your Needs Together**

Discuss the balance between personal space and quality time.

TIP *Regularly check in to ensure both partners feel supported.*

2 **Pursue Individual Interests**

Engage in hobbies or passions independently to maintain your sense of self.

EXAMPLE *Take a painting class while your partner enjoys hiking.*

3 **Create Shared Experiences**

Plan activities you both enjoy to strengthen your bond.

TIP *Schedule regular date nights or try new hobbies together.*

PREVIEW



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