



Relationship Check-In

A simple weekly ritual to stay connected — and ahead of resentment.

Small things left unspoken become big things resented. A short, regular check-in — weekly works well — keeps a relationship current: a chance to appreciate each other, name needs before they fester, and adjust together. Lead with what's going well; people hear feedback far better once they feel valued.

This week's check-in

Something I appreciated
about you this week

Something on my mind, or
a need I have

Something I could do
better for us

One thing we'll try or adjust
this week