

Relationship Management Skills

Enrichment Exercise

Exercise: Weekly Check-In

In the busyness of life you and your spouse may sometimes switch to autopilot, living together, but on your own path and out of sync. Hosting a weekly couples check-in meeting is a great way to reconnect, get on the same page, and make sure your weekly goals and plans align.

Directions: Take 10 minutes to have your first weekly couples check-in. Follow the outline below. The goal of a weekly meeting is to clear the air of any issues so nothing bottles up, foster teamwork, make sure you both feel heard and cared for going into the week, and set your marriage and family agenda for the next seven days.

- **Step 1: Show Gratitude** — Start by choosing something you are grateful for this week and a way your spouse deserves to be appreciated.

A highlight of my week was _____.

I appreciated when you _____.

I feel most loved & supported when you _____.

- **Step 2: Identify Trouble Spots** — Any tensions or issues that popped up this week? Take the time to discuss your feelings and listen to your spouse's.

Ask your spouse:

Was there anything that bothered you this week you'd like to discuss?

Anything stressful coming up this week for you and what do you need from me?

Is there anything I can do to support you better?

- **Step 3: Sync Up on Our Family Calendar:** — Use the weekly planner on the reverse of this page to review and set next week's family priorities

Lock in Your Weekly Check-Ins: Keep it going! Set a recurring day and time or your next weekly check-in. Make it fun! Grab coffee or a special treat while you discuss.



Our Weekly Planner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEKLY GOALS

UPCOMING EVENTS

REMINDERS
