

Name: _____

Date: _____

A COUPLES CONNECTION CHECKLIST

Over time, daily routines and responsibilities can make couples feel less connected. Small intentional actions can help rebuild closeness and strengthen communication. Use this checklist to explore activities that nurture your relationship and reflect on what works best for

ACTIVITY	WHAT WE LEARNED	DO IT AGAIN / SKIP
Share your favorite childhood memory		
Take a short evening walk together		
Write a short appreciation note for your partner		
Try cooking a new recipe together		
Plan a small weekend activity together		
Watch a movie and discuss your favorite scene		
Ask each other 3 meaningful questions		
Give your partner a genuine compliment		
Spend 30 minutes talking without phones		
Share one goal you have for the future		
Do a relaxing activity together (tea, music, etc.)		
Practice active listening for 5 minutes each		
Try a new hobby together		
Talk about something that made you smile this week		
Create a playlist for each other		
Share one thing you appreciate about your relationship		
Plan a simple date night		
Talk about a happy memory you both share		