

# COUPLES CHECK-IN





# Check-in Format

1

Every check-in should start with 3-4 affirmations from each person. Affirmations can be highlighted an action that your partner had done during the week/month, an attribute, or characteristic.

2

Couple should take turns with sharing thought and feeling about priority. Couple should frame statement of concern with “**I**” statements such as “**I feel emotionally disconnected due to how busy our scheduled have been lately.**” and reframe for “you” lead statements.

3

End the session with connection. At the end of the check-in, couples should end with something that invites connection. See **Connection** page to get some ideas.



# Monthly

Couple will complete the “**Rate Our Lives**” and “**Notice the Patterns**” pages once a month. “**Rating Our Lives**” rating should be done separately and in advance of the check-in. Couple will come together and discuss their ratings. Couple will highlight the month’s priority discussions. Each week of the month, couple will work on the top 4 concerns.

## How to Choose 4 Priorities

Each partner can come up with 2 priorities each. If there is overlap in priorities utilize the overall rating score to be the guide to have a 4 priorities for the month.

# Rate Our Life Together

How are we doing in each area?

1-Struggling

2-Needs Attention

3-Okay

4\_-Going Well

5-Thriving

| Area of Our Life       | Me | My Partner |
|------------------------|----|------------|
| Money & Finances       |    |            |
| Work and Career        |    |            |
| Home Responsibilities  |    |            |
| Parenting & Family     |    |            |
| Emotional Connection   |    |            |
| Affection and Intimacy |    |            |
| Communication          |    |            |
| Conflict and Repair    |    |            |
| Values/faith/meaning   |    |            |
| Friends and Family     |    |            |
| Individual Growth      |    |            |
| Our Future Together    |    |            |



# Notice the Patterns

What is working?

Choose 3 areas to celebrate.

What Needs Attention?

Choose 1-2 areas to discuss.

What is not working?

Identify a pattern that needs to change.

# Look Ahead

What's coming up in our lives? Identify

This week/month we have:

- ☐ Work Change
- ☐ Busy Schedules
- ☐ Family Events
  
- ☐ Financial Decisions
- ☐ Travel
- ☐ Social Commitment
  
- ☐ Health/wellness priorities
- ☐ Major Life decisions
  
- ☐ Other:

# Monthly Overview

For the Month of : \_\_\_\_\_

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |

ON HAND TASKS

COMPLETED TASKS

# Weekly

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Weekly couple will complete “**Our Priority**” page prior to the meeting.

The **Look Ahead** section is created to support couple in talking about some of the logistics that happen in the day to day. Below is a checklist and discussion prompts that can best support; use when applicable.

# Our Priority

Our priority area: \_\_\_\_\_

What is happening?

How is this affecting me?

How might this be affecting my partner?

# Our Priority

What do I need?

What might my partner need?

# Grow

As it pertains to the this week's priority , create a goal, and how each person will be contributing to said goal.

Couple Goal

*We will:*

My Individual Commitment

*I will*

My Partner's Support

*I need you to:*

# Look Ahead

What's coming up in our lives? Identify

This week/month we have:

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- ☐ Financial Decisions
- ☐ Travel
- ☐ Social Commitment
  
- ☐ Health/wellness priorities
- ☐ Major Life decisions
  
- ☐ other:

# Look Ahead

What is coming up in our lives?

Something I have coming up that you should know about:

*Something coming up that we  
need to prepare for:*

Something I may need support with:

*Write your answer here*

Something we need to coordinate:



# Look Ahead

What is coming up in our lives?

Something we want to make time for together:

ONE thing that we need to be done before the next check-in:



# End with Connection

This section should be done after every check-in.

Our ONE thing before the next check-in:

- ☐ Give a Hug — Hold each other for a moment.
- ☐ Share Appreciation — Tell your partner one thing you appreciated about them.
- ☐ Hold Hands — Sit together and hold hands for a few minutes.
- ☐ Share a Kiss — End with affection.
- ☐ Take a Walk — Spend a few minutes walking and talking.
- ☐ Plan Something Together — Choose something fun to look forward to.
- ☐ Have a Phone-Free Moment — Put the phones away and simply be together.
- ☐ Share a Hope — Tell each other something you're looking forward to.
- ☐ Do Something Together — Cook, have coffee, listen to music, play a game, or enjoy another shared activity.

# Daily Planner

S M T W T F S

Date

Things To Do

Inspirations

Reminders

Notes

# Weekly Planner

Date \_\_\_\_\_

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday



# Important Reminder

This couples check-in resource is intended for educational and relationship-reflection purposes only. It is not therapy, counseling, psychological treatment, or a substitute for professional mental health services.

Completing this check-in does not guarantee a particular outcome for your relationship. Relationships are unique, and meaningful change depends on many factors, including each person's willingness, circumstances, communication, and choices.

Use this resource as an opportunity to pause, reflect, and have intentional conversations with one another. You do not need to agree on every answer, and you may choose to skip any question that does not feel appropriate or comfortable.

If your relationship involves abuse, intimidation, threats, coercion, or concerns about safety, a couples check-in may not be an appropriate resource. Consider seeking support from a qualified professional or an appropriate safety resource.

By using this resource, you acknowledge that it is an educational tool and not a guarantee of relationship improvement or a replacement for professional care.





# Thank you!

Thank you for taking a few moments to check in on your relationship.

Life changes, relationships change, and the needs of each person can change along the way. A relationship check-in creates space to pause, reflect, and intentionally reconnect with one another.

There is no perfect relationship—and there is no perfect way to navigate every season together. What matters is making time to notice where you are, appreciate what is going well, and identify areas where you may want to grow together.

Remember that your relationship will continue to change. Give yourselves permission to adjust, learn, and renegotiate as life changes.

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#### A Gentle Reminder

This resource isn't about determining whether your relationship is "good" or "bad." It is simply an invitation to pay attention to your relationship and make intentional space for the two of you.

Take what feels useful, skip what doesn't, and return to these questions whenever you need a moment to reconnect.

Your relationship is something you continue to build—one conversation, one choice, and one season at a time.

