

■ Weekly Healthy Relationship Checklist

Print this checklist and review it with your partner every Sunday evening. Use it to strengthen communication, trust, and joy in your relationship.

- Did we have meaningful conversations this week?
- Did we show appreciation for each other?
- How did we handle disagreements?
- Did we support each other's individual interests?
- What fun moments did we share?
- Did we both feel heard and respected?
- What do we want to improve next week?

✓ **Small consistent actions build strong relationships. Keep this checklist visible and celebrate progress weekly!**