

ONE MINDSET GO

Weekly Relationship Check-In

A simple weekly practice to reconnect, communicate, and stay on the same team.

A 15-Minute Reset

Use this once a week when you are both relatively calm. The goal is not to solve every problem - it is to stay connected enough that problems can be talked about.

Tip: Put phones away, take turns, and avoid interrupting. Each partner gets equal time.

1. Start With Appreciation

Something I appreciated about you this week was:

2. How Are We Doing?

- ☐ What felt good between us this week?
- ☐ Did anything leave you feeling disconnected?
- ☐ Is there something you needed from me that you did not receive?
- ☐ What has been taking up the most emotional space for you lately?

What I want my partner to understand:

3. What Do You Need?

This week, I could feel more supported if you...

4. Look Ahead Together

- ☐ Is anything stressful coming up this week?
- ☐ Do we need to divide responsibilities differently?
- ☐ When can we intentionally spend time together?

5. End With Connection

One thing I want you to know is:

Remember: A check-in is successful when both people leave feeling more understood - not when every issue is fixed.