

6 hours

to a better relationship

Partings

Happy couples make an effort to learn one thing that is happening in their partner's life that day before saying goodbye in the morning. The goal is to ask questions and learn about the exciting and not so exciting things about your partner's day.

10 minutes per week
(2 minutes a day x 5 working days)

Reunions

When you see your partner again at the end of the day, share a hug and kiss that lasts at least six seconds. The six-second kiss is a ritual of connection that is worth coming home to. Afterwards, have a stress-reducing conversation for at least 20 minutes.

1 hour and 40 min per week
(20 minutes a day x 5 working days)

Appreciation and Admiration

Use an admiration journal to record something small you notice and connect it to a trait you admire in your partner. This primes your mind to see the positive traits of your partner, instead of focusing on the negative and also makes your partner feel valued.

35 minutes per week
(5 minutes a day x 7 days)

Affection

Make sure to embrace each other before falling asleep (cuddling or goodnight kiss). Think of these moments of affection as a way to let go of the minor stressors that have built up over the day.

35 minutes per week
(5 minutes a day x 7 days)

Date Night

During your date, ask open-ended questions and focus on turning towards each other. This important "we time" is a relaxing and romantic way to stay connected to each other.

2 hours once a week

State of the Union Meeting

Spending just one hour per week discussing areas of concern within the relationship gives couples the freedom to express their fears and concerns in a way that makes them feel heard and loved instead of feeling neglected.

1 hour once a week