



Everyday Connection Rituals

Relationships & connection • Printable practice

A gentle planning sheet for building connection that fits real schedules and energy levels.

Choose one brief routine

Consider a five-minute check-in, a walk, a shared cup of tea, or leaving each other a thoughtful note.

Keep the ritual realistic

Choose when and how often the ritual can happen. A small routine done occasionally is more useful than a demanding plan neither person wants.

Review together

After a week, discuss what felt good, what felt forced, and what each person wants to change.

Try it together

1. One small ritual we both enjoy is...

2. When could we try it this week?

3. How will we check whether it feels supportive to both of us?
