Seven little moments

A gentle connection plan. No streaks, no scores, and no need to finish in seven days.

- [ ] **01 Notice one good thing**

  Name a specific moment you appreciated. Let the thank-you stand on its own.

- [ ] **02 Take something off the list**

  Agree on one small responsibility to own from beginning to end.

- [ ] **03 Be curious again**

  Ask one question, then make room for the answer. Passing is always okay.

- [ ] **04 Share a little play**

  Try a song, a silly drawing, or one conversation card.

- [ ] **05 Make affection an invitation**

  Ask what kind of closeness feels welcome and respect the answer.

- [ ] **06 Make a small plan**

  Choose an activity that fits your time, budget, and actual energy.

- [ ] **07 Keep what felt good**

  Name one moment worth repeating. Skip anything that did not fit.

The smallest version counts. This is an optional activity, not therapy or a test of your relationship. Your answers stay between you.

A little room to listen.

Choose a calm moment. Each person gets a turn. Keep the next step realistic.

One moment I appreciated

Something I would like you to understand

One small request, with room for an honest answer

One agreement: who will do what, and when?

Pause if either person needs to. Choose a workable time to return.
If a conversation feels unsafe, seek confidential individual support.

The little things I notice.

A specific thank-you can be a whole gift. Write one without a hidden request.

I NOTICED...

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