

The weekly *check-in*.

Answer every question on your own first, then compare.
Finish by choosing one thing to focus on in the week ahead.

Wellness

1 How are you feeling overall this week?

2 What has taken the most energy from you this week?

3 What is one thing that helped this week, however small?

Connection

4 How emotionally connected did you feel to your partner this week?

5 How much fun did you have together this week?

6 What is one specific thing your partner did this week that you appreciated?

Reflection

7 How well did you handle disagreements or tension this week?

8 Is there anything that felt unresolved or needs attention between you?

9 If there was tension, what helped, or could have helped, you reconnect?

Forward

10 What's one thing you need from your partner in the week ahead?

11 What is one small thing you'd like to make time for together?

12 What is one next step you'll take yourself?

Close the check-in

Each person picks one next step, specific enough to recognise next week.

Next step for _____

Next step for _____



A paper check-in gets the conversation going. In the Kindred app, questions rotate week to week and the commitments you make carry into the next check-in.