

# Weekly Couples Catch-up Agenda

**Which of your top 2 relationship values will guide your conversation today?**

- 1
- 2

**Popular relationship values include:**

- Love
- Trust
- Kindness
- Empathy
- Compassion
- Security
- Consistency
- Integrity
- Clarity
- Honesty
- Awareness
- Heart
- Unity
- Encouragement

- Patience
- Understanding
- Compromise
- Forgiveness
- Gratitude
- Acceptance
- Tolerance
- Harmony
- Family
- Communication
- Meaning
- Purpose
- Intimacy
- Happiness

Browse your [Life Values](#) cards for more...



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**What I appreciate about you:**

- 1
- 2
- 3
- 4
- 5

**What your partner appreciates about you:**

- 1
- 2
- 3
- 4
- 5

**What's been working well for us?**

- 1
- 2
- 3
- 4
- 5

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## Minor worries / Little problems:

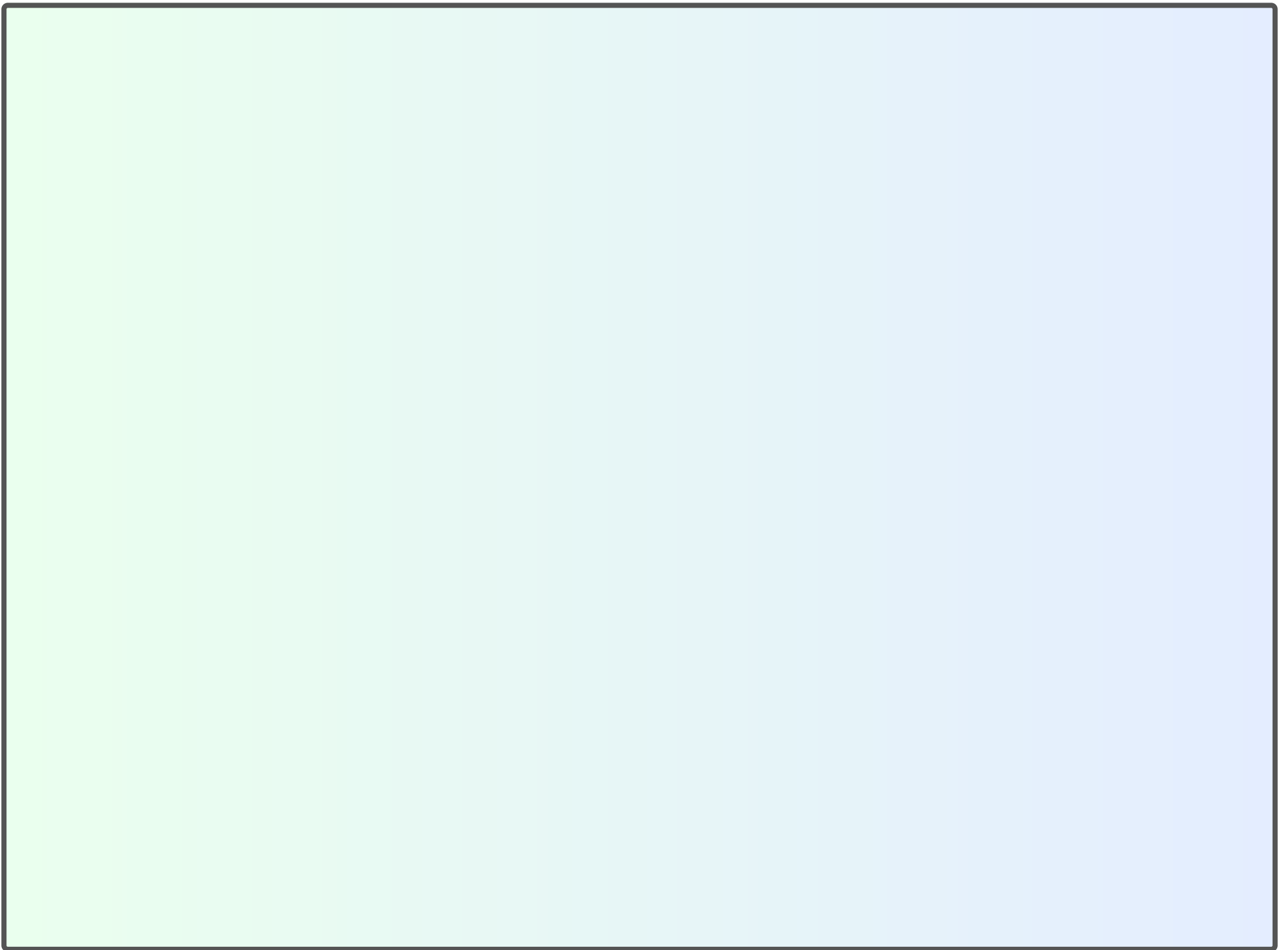
- 1
- 2
- 3
- 4
- 5

## This week's topic / theme for discussion:

## Notes / Ideas / Solutions / Next Steps:

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**What you need:**

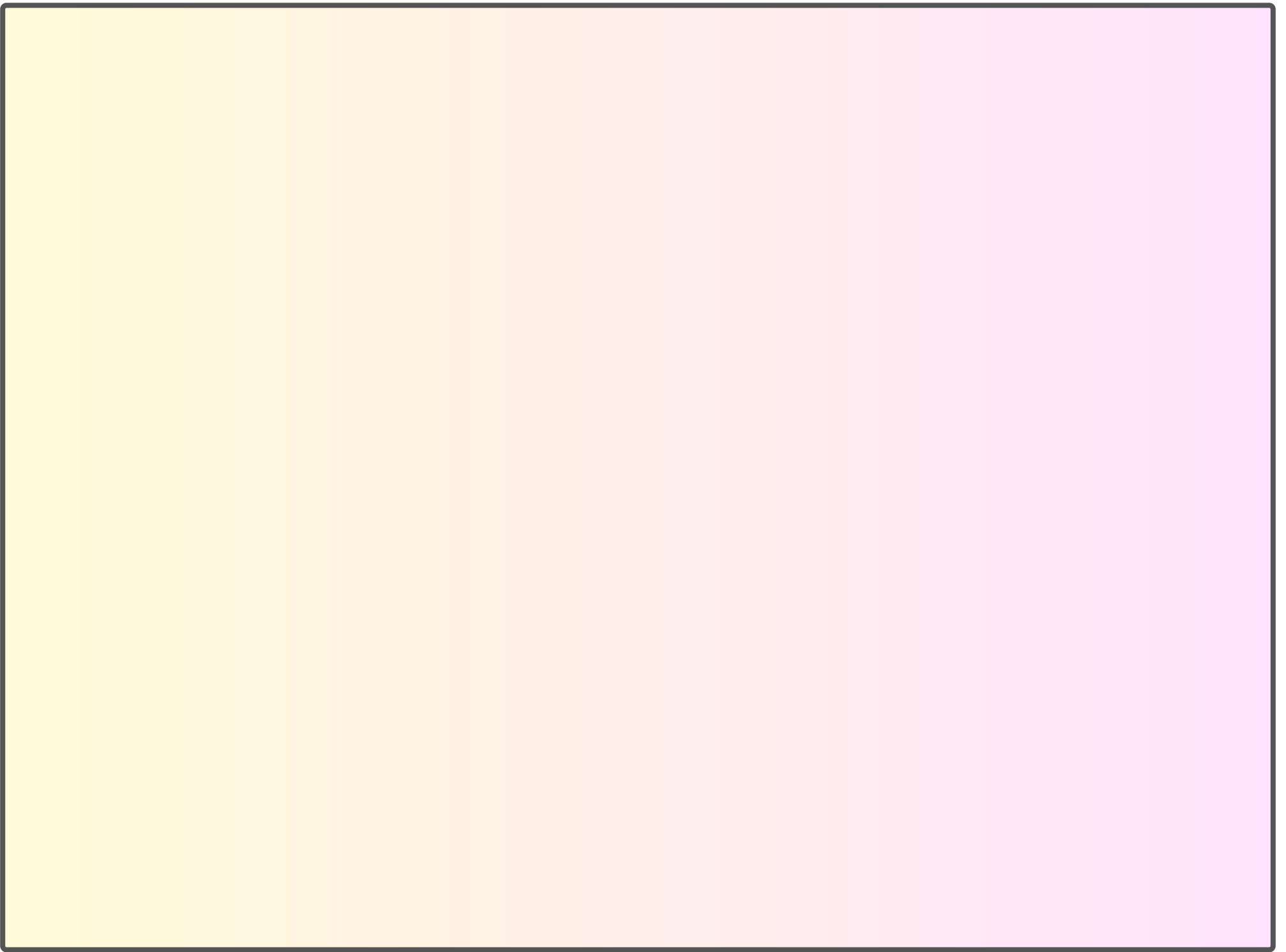


**How your partner can help you:**

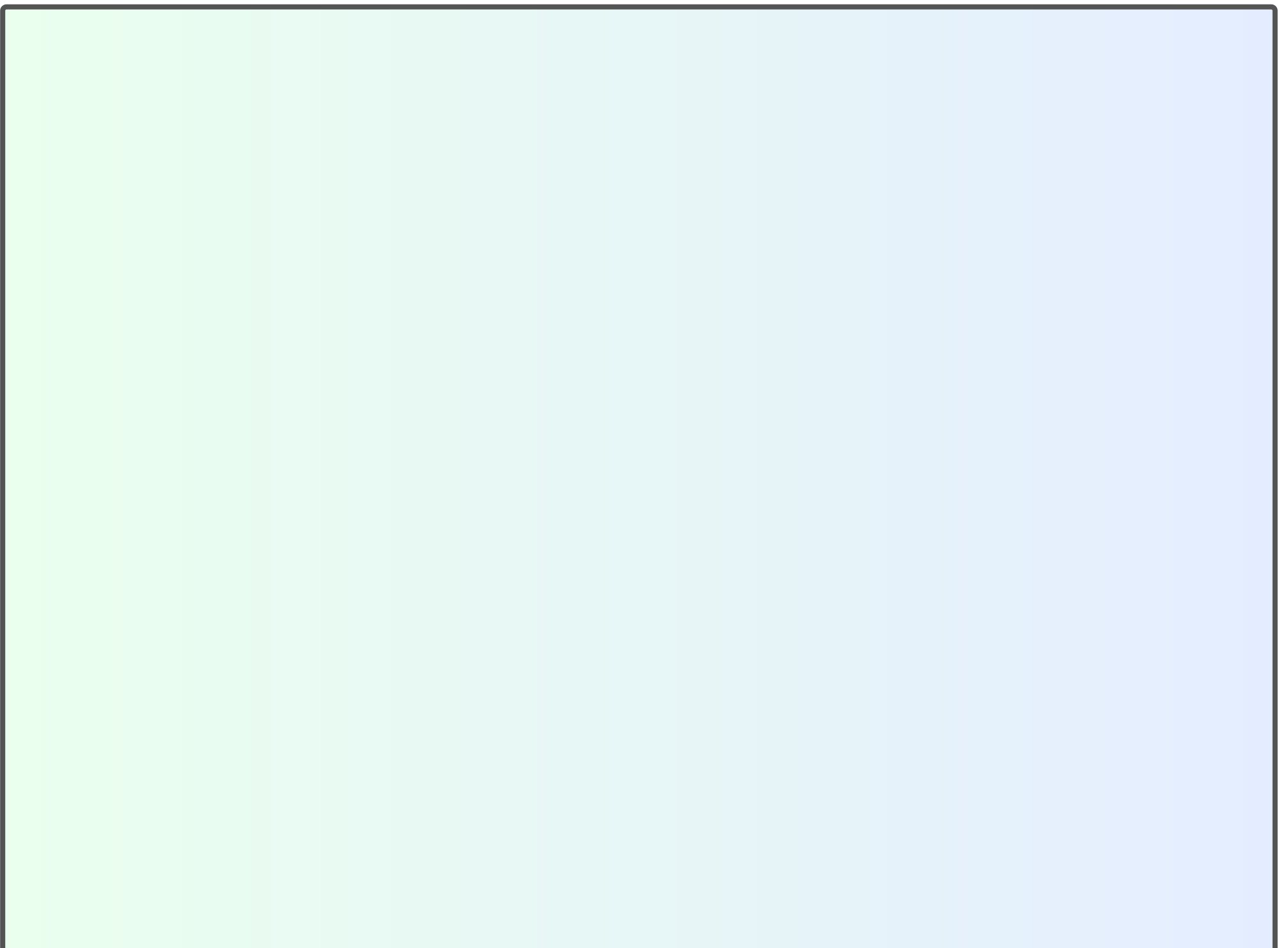


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**What your partner needs:**



**How you can help your partner:**



# Weekly Couples Catch-up Agenda

## Key Dates / Events / Tasks:



## Celebrate Achievements:



## Goals / Vision / Ideas & Opportunities



Which 2 relationship values will you focus on over the next week?

- 1
- 2



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