

A week of conversations

21 daily questions for couples. A little time for the two of you.

Choose one question or try all three. Take turns. Listen before offering advice.

About ten minutes is a starting point. You can pass, pause, or skip a day.

DAY 01**Arrive together**

What part of today is still on your mind?

Would you like company, quiet, or a little help as we settle in?

What would make the next ten minutes feel good for you?

DAY 02**Notice a good moment**

What small moment from today would you like to tell me about?

Did anything turn out more easily than you expected?

What tiny pleasure could we make room for tomorrow?

DAY 03**Make room for a hard day**

Which moment today asked the most of you?

What do you wish someone had understood in that moment?

Would listening, a hug, or practical help feel best right now?

DAY 04**Say what you appreciated**

What did you notice me doing today that mattered to you?

Was there a moment today when you were glad we were a team?

What would you like to thank yourself for today?

DAY 05**Ask for useful support**

What is one thing on tomorrow's list you would like support with?

Is there a time tomorrow when you will need a little space?

What kind of encouragement would you welcome from me?

DAY 06**Look forward to something together**

If we had half an hour just for us this week, how would you spend it?

What everyday place would be nice to visit together soon?

What is one small thing we could try together for the first time?

DAY 07**Keep what felt right**

Which conversation from this week would you like to continue?

When did our check-in feel easy, and when did the timing feel off?

What would you keep or change if we tried this again next week?

Be together. Phones down.