

SPARKING JOY TOGETHER: A RELATIONSHIP CHECKLIST

Over time, the connection between long-term partners may weaken, but by integrating simple yet meaningful activities into your daily routine, you can reignite the spark. These activities serve as reminders to stay present, attentive, and committed to each other. Here are some ideas to help you reconnect and strengthen your connection as a couple!

ACTIVITY	WHAT WE GAINED	DO IT AGAIN/ DROP IT
1 Swap your favorite books		
2 Stretch it out with somatic yoga		
3 Hide surprise notes for each other		
4 Try a new cuisine		
5 Volunteer together		
6 Cook through a recipe book		
7 Create a new annual tradition		
8 Increase the number of daily hugs		
9 Join a couples retreat or workshop		
10 Have weekly/monthly check-ins		
11 Greet each other physically everyday		
12 Have a daily tech-free hour		
13 Go for daily nature walks		
14 Try something together that's out of your comfort-zone		
15 Go out dancing		
16 Make a playlist for each other		
17 Do a hobby swap		
18 Make a scrapbook of your best memories together		

If you need support with your relationship, consider relationship counseling at Trust Mental Health. Our therapists are trained in the world-renowned Gottman Method.