



Couple's Worksheet: Building Intentional Rhythms and Routines

Objective:

Develop practical and sustainable habits that nurture your relationship and align with your shared values.

Step 1: Reflect on Current Habits

Take a moment to think about the rhythms and routines you already have. What's working? What feels missing?

Exercise:

- Write down two existing habits that are working well for your relationship:
 1. _____
 2. _____
 - Write down two habits you'd like to create together:
 1. _____
 2. _____
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Step 2: Set Shared Goals

Sit down together and discuss what's most important to both of you. What areas of your relationship feel most in need of intentionality?

Exercise:

Complete this sentence together:

"We want to improve _____, so we will start

_____."

Example:

- "We want to grow closer spiritually, so we'll start praying together each evening."
- "We want to connect emotionally, so we'll schedule 15 minutes of uninterrupted talking time each weekday."



Step 3: Start Small

Focus on one or two routines at a time to keep things manageable. Remember, even a 5-minute habit can make a big difference.

Exercise:

Choose one routine to begin this week:

- Routine: _____
 - Time/Day: _____
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Step 4: Stay Flexible

Life is unpredictable, and routines may need to adjust. Be willing to modify while keeping your core intention intact.

Reflection Question:

- How will you support each other when life gets busy?
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Step 5: Celebrate Progress

Recognize and celebrate even small victories to reinforce your efforts. Acknowledge how these routines are strengthening your relationship.

Exercise:

Write down one way you will celebrate your progress together:

- Celebration Idea: _____
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Faith-Based Tools

- Choose a scripture or devotional to reflect on together each week.
Example: “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” —Ecclesiastes 4:12
 - Discuss how aligning your routines with God’s will can strengthen your bond.
 - Consider praying over your new routines and asking for guidance in building habits that honor Him and each other.
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Bonus Tip:

Revisit this worksheet in a month to track your progress and refine your rhythms as needed.