

RELATIONSHIP CHECK-IN JOURNAL



**HOW'S OUR RELATIONSHIP?
A SIMPLE CHECK-IN FOR STRONGER COMMUNICATION**

WHY RELATIONSHIP CHECK-INS MATTER

Strong relationships aren't built on grand gestures—they're built on consistent connection and communication. Many couples wait until conflict arises to talk about their needs, but healthy relationships require regular check-ins to thrive.

This Relationship Check-In Journal is designed to help you and your partner pause, reflect, and realign—so small issues don't turn into big problems.

HOW TO USE THIS JOURNAL

- Set aside 10-15 minutes once a week/month to reflect on your relationship together.
- Answer the prompts below honestly—without blame or defensiveness.
- Approach the conversation with the mindset of growing stronger as a team.

REGULAR CHECK-IN QUESTIONS

1 What's Working Well?

- What's something your partner has done recently that made you feel loved and appreciated?
- In what ways do you feel emotionally connected to your partner?
- What's one thing you've enjoyed about your relationship since our last check-in?

2 Where Can We Improve?

- Have there been any unspoken frustrations that we should talk about?
- Is there something I could do differently to make you feel more supported?
- Have there been any communication patterns that felt hurtful or unhelpful?

3 How Can We Show Up for Each Other?

- What's one small thing I could do this month to make you feel more loved?
- How can we be more intentional in spending quality time together?
- Is there something we need to plan or prioritise to strengthen our relationship?

✨ Remember: The goal of this check-in isn't to "fix" everything overnight—it's to keep your relationship strong and proactive rather than reactive.

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Lined area for journaling.

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Lined area for journaling.

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Lined area for journaling.