

MODULE 5 TOOL: THE WEEKLY RHYTHM GUIDE

Sustainable Practices That Transform Marriages

WEEKLY CHECK-IN (20 minutes, same time each week)

1. What went well this week?

You: _____ Spouse: _____

2. Where did we struggle?

You: _____ Spouse: _____

3. What will we focus on next week? (Commitment:)

4. How safe do you feel right now? (1–10 scale)

You: _____ Spouse: _____

If either is below 7, what would help?

DAILY PRACTICES (5 minutes total)

MORNING: One affirmation or gratitude — "I appreciate that you..."

EVENING: One moment of genuine connection
(Conversation, touch, laughter — anything that says "I chose you today")

MONTHLY DEEPER DIVE (30 minutes, first Sunday)

- Review the Month: What patterns are we seeing? What have we improved on?
- Celebrate Wins: Name one successful difficult conversation this month.
- Name one time you stayed regulated when you usually wouldn't.
- Adjust Your Approach: What weekly practice isn't working? What needs to change?

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YOUR RHYTHM TRACKER

Week of:

Week of: _____

Weekly Check-In Completed?

Yes No

Topic discussed:

Daily Affirmations Given:

Difficult Conversations Had this week:

What is improving?

What still needs work?

CRITICAL TRUTH

You will miss some days. You will have imperfect check-ins.
This does not erase the progress you are building.

An imperfect rhythm every week is infinitely more powerful
than a perfect conversation attempted once per year.

Show up. That is all that matters.