

# week 5

# CHECKLIST

## Intimacy & Connection

Strengthen your relationship and create a calm, connected space.

### Daily Actions

- 1. Share **ONE thing you appreciate** about your partner.
- 2. Spend **5 minutes hugging or cuddling** — phones away.
- 3. Schedule **ONE connection activity** this week into your calendars (walk, coffee date, cooking together).
- 4. **Practise slow touch** (hand-holding, massage, back rub) **for a few minutes.**
- 5. Do **ONE fun or playful thing** together, even if it's small.
- 6. Enjoy **ONE intimate moment** without focusing on conception — just pleasure.
- 7. **Reflect together:** “What brought us closer this week?”

### Extra Credit

- Plan a **“connection night”** — candlelight dinner, slow music, or time to talk and dream together.

### Notes

*What made you feel connected this week?*

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