DREAMDUO · FREE PLANNING TOOLS

15 minutes to hear each other

Date: _____ Next check-in: _____

Both people can pass or pause. Pick a few questions; you don't have to answer all 12.

2 MIN · Appreciation

Name one specific moment you valued.

Partner A: _____

Partner B: _____

3 MIN · Feelings

Listen before trying to fix anything.

Partner A: _____

Partner B: _____

3 MIN · Practical needs

Ask for help or space for the week ahead.

Partner A: _____

Partner B: _____

4 MIN · One challenge

Choose one issue, not the whole history.

Partner A: _____

Partner B: _____

3 MIN · Next step

One action, one owner, one time to return.

Partner A: _____

Partner B: _____

One next action: _____ Owner: _____ When: _____