

Mark with a check mark the activities that **you already do as a couple on a regular basis**. Circle one habit you'd like to start and share why that would be important to you.

H	A	B	I	T	S
Say I love you	Show love in each other's love language	Hug each other	Know each other's love language	Plan things together	Have a shared hobby
Have inside jokes	Have each other's passwords	Go to bed at the same time	Compliment each other	Talk about your day	Have a special nickname for each other
Say "goodnight" to each other	Have sex	Pray together	Watch TV or movies together	Say thank you	Eat dinner together
Take pictures together	Flirt with each other	Listen with 100% attention	Talk to or text each other throughout the day	Have a special ritual	Exercise together
Greet each other when you come home	Run errands together	Snuggle together	Kiss goodbye	Hold hands	Regular date nights
Support each other's projects/hobbies	Say "have a good day" to each other	Share funny stories	Read books together	Do household chores together	Write/text love notes