

Your Daily Connection Check-in

1. Morning Self-Check

Today, I want to show up with:

- ☐ Patience
 - ☐ Kind words
 - ☐ Better listening
 - ☐ Appreciation
 - ☐ Respect for differences
 - ☐ Something else: _____
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2. Daily Loving Act

One small act I'll do today to strengthen our bond:

→ _____

(Examples: a hug, "thank you," a surprise cup of tea, giving space, saying "I'm proud of you," folding his laundry, or simply listening.)

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3. Awareness Boost

How did I respond yesterday when things didn't go my way?

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Was I defensive, dismissive, or did I listen?

→ _____

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4. Appreciation Prompt

What am I grateful for in my partner today?

→ _____

(Remember: even a 2-minute effort counts.)

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5. Final Daily Thought

I don't have to be perfect today — I just need to try a little better than yesterday.
This effort I'm making is real love. And that's enough.

This printable is for you — a mom who chooses love every day, even when it's hard.