

COUPLE IMPROVEMENT PLAN

GRATITUDE

Blank space for writing gratitude notes.

BIG DATE

Blank space for writing big date notes.

5 MINUTE DATE

Blank space for writing 5 minute date notes.

SELF CARE

Blank space for writing self care notes.

MY "WHY"

Blank space for writing my "why" notes.

PRAYER

Blank space for writing prayer notes.

NOTES FROM THERAPY

Blank space for writing notes from therapy.