



THE 7-DAY RELATIONSHIP RESET

7 days. 7 challenges. One stronger connection.

COUPLES WORKBOOK

Reconnect. Communicate better. Bring back the spark. A practical, interactive reset you can actually do together.

PARTNER 1

PARTNER 2

A guided digital workbook - fill it on screen or print it out.

BEFORE DAY 1

Welcome to your reset.

You are not trying to build a perfect relationship in one week. You are creating seven small moments of attention - enough to interrupt autopilot and make room for each other again.

THE RULE OF THE WEEK

Be curious before you are convincing. Ask one more question before giving one more opinion.

THE 20-MINUTE PROMISE

Most days take 10-20 minutes. One challenge may take longer because the best conversations rarely fit a timer.

YOUR RESET MAP

DAY 1

Reconnect & Remember

DAY 2

Appreciation

DAY 3

Play & Laugh

DAY 4

Communicate

DAY 5

Romance

DAY 6

Quality Time

DAY 7

Future Together

BONUS

Questions, Dates & Tools

YOUR PROGRESS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Tip: Keep this page open on your phone for quick progress checks.

DAY 1 OF 7

Remember why you chose each other

Tell the story of your beginning - not the polished version, the real one.

TODAY'S CHALLENGE

Find an old photo, voice note, or message and talk about what was happening that day.

TALK TO EACH OTHER

1

What first caught your attention about your partner?

2

Which early memory still makes you smile?

3

What part of our story deserves more attention today?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 1 complete - we did the challenge together

Make the invisible things visible

Appreciation works best when it is specific. Name the small things, not just the obvious ones.

TODAY'S CHALLENGE

Each person writes 3 specific appreciations and reads them aloud.

TALK TO EACH OTHER

1

What is one small thing your partner does that makes your life better?

2

When do you feel most supported by your partner?

3

What quality in your partner do you hope never changes?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 2 complete - we did the challenge together

DAY 3 OF 7

Bring back laughter and lightness

Connection does not always need a serious conversation. Fun is part of intimacy too.

TODAY'S CHALLENGE

Choose one playful activity: card game, walk, cooking challenge, dance-off, or favorite comedy.

TALK TO EACH OTHER

1

What is something ridiculous that always makes you laugh together?

2

What would you do tonight if you had zero responsibilities tomorrow?

3

What is a silly memory you would happily relive?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 3 complete - we did the challenge together

DAY 4 OF 7

Listen to understand, not to win

Use this day to practice slower communication. No fixing. No scorekeeping.

TODAY'S CHALLENGE

Take turns speaking for 3 minutes. The listener may only ask clarifying questions.

TALK TO EACH OTHER

1

What helps you feel heard by me?

2

What makes difficult conversations harder for you?

3

What is one thing you need more of from our communication?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 4 complete - we did the challenge together

DAY 5 OF 7

Create a little electricity again

Romance is often built from anticipation, attention, and effort - not expensive gestures.

TODAY'S CHALLENGE

Plan a mini date tonight. Dress for it, remove distractions, and make it feel intentional.

TALK TO EACH OTHER

1

What kind of affection makes you feel most desired?

2

What is a romantic memory you would love to recreate?

3

What small gesture instantly changes the mood for you?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 5 complete - we did the challenge together

DAY 6 OF 7

Choose presence over proximity

Being in the same room is not always quality time. Today is about shared attention.

TODAY'S CHALLENGE

Complete the Phone-Free Date Challenge and protect the whole block from interruptions.

TALK TO EACH OTHER

1

When do you feel closest to me?

2

What activity makes time disappear for you?

3

What distraction steals the most of our time together?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 6 complete - we did the challenge together

Choose your next chapter together

The reset ends with a forward-looking conversation: what do you want more of, protect, and build together?

TODAY'S CHALLENGE

Write 3 couple commitments: one daily, one weekly, and one monthly.

TALK TO EACH OTHER

1

What do you want our relationship to feel like six months from now?

2

What is one adventure you want us to take?

3

What is one habit we should keep from this week?

WRITE A FEW WORDS

What surprised you today? What do you want to remember from this conversation?

Day 7 complete - we did the challenge together

CONVERSATION DECK

Questions 1-10

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 001 What first made you curious about me?
- 002 What is a tiny moment with me that you remember clearly?
- 003 When do you feel most like yourself around me?
- 004 What is something you think we do better than most couples?
- 005 What is one thing you want us to experience this year?
- 006 What makes you feel appreciated?
- 007 What is your favorite ordinary moment with me?
- 008 What is one habit of mine that secretly makes you smile?
- 009 What is a dream you have not talked about enough?
- 010 What is something you want us to protect no matter how busy life gets?

CONVERSATION DECK

Questions 11-20

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 011 What does quality time look like to you?
- 012 When do you feel most supported by me?
- 013 What does "home" feel like in our relationship?
- 014 What helps you calm down after a stressful day?
- 015 What is something you want me to understand better about you?
- 016 What makes you feel safe enough to be vulnerable?
- 017 What is something you are proud of us for handling?
- 018 What do you wish we celebrated more?
- 019 What does affection mean to you?
- 020 What is one small gesture that can turn your day around?

CONVERSATION DECK

Questions 21-30

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 021 What makes you laugh every time?
- 022 What would our perfect lazy Sunday look like?
- 023 What is the funniest misunderstanding we have had?
- 024 What would we do if we had a surprise free weekend?
- 025 What hobby would you try together?
- 026 What is a song that reminds you of us?
- 027 What fictional couple reminds you of us in a funny way?
- 028 What is the best spontaneous thing we have done?
- 029 What silly tradition should we create?
- 030 What would make an ordinary Tuesday feel like a date?

CONVERSATION DECK

Questions 31-40

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 031 What helps you feel heard during conflict?
- 032 What makes it easier for you to talk when you are upset?
- 033 What is one communication habit we should stop?
- 034 What is one communication habit we should start?
- 035 What does a good apology look like to you?
- 036 How do you know when you need space?
- 037 What do you need from me after a disagreement?
- 038 What topic do we avoid that deserves a calm conversation?
- 039 What helps you feel respected when we disagree?
- 040 What does compromise look like when both people feel strongly?

CONVERSATION DECK

Questions 41-50

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

041 What makes you feel desired?

042 What kind of flirting do you enjoy?

043 What romantic memory should we recreate?

044 What makes a date feel special to you?

045 What kind of surprise would make you feel loved?

046 What is your ideal evening together?

047 What outfit or look of mine do you love?

048 What place would you love to have a romantic trip to?

049 What is a small romantic ritual we could create?

050 What makes you feel emotionally close before physical closeness?

CONVERSATION DECK

Questions 51-60

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 051 What is one thing you want us to learn together?
- 052 Where should we travel next?
- 053 What would our dream weekend look like?
- 054 What should be on our couple bucket list?
- 055 What is one adventure that scares you a little but excites you?
- 056 What kind of home would feel right for us?
- 057 What tradition should we create for future years?
- 058 What is one future memory you can already imagine?
- 059 What do you want us to be known for as a couple?
- 060 What is one thing you hope never becomes routine?

CONVERSATION DECK

Questions 61-70

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

061 What is one thing I do that you wish I knew you notice?

062 What is one strength you see in me?

063 What is one strength you think we share?

064 When have you felt especially proud of me?

065 What do you think I underestimate about myself?

066 What makes you feel cared for when you are exhausted?

067 What is something I have taught you?

068 What is something you have taught me?

069 What is one way I can show up better for you?

070 What is one thing you hope I always remember?

CONVERSATION DECK

Questions 71-80

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

- 071 What does a healthy relationship mean to you?
- 072 What boundaries help our relationship thrive?
- 073 How should we handle outside opinions about us?
- 074 What do you think couples forget when life gets busy?
- 075 What should we always talk about before making a big decision?
- 076 How can we protect individual time and couple time?
- 077 What does trust look like in everyday actions?
- 078 What is one ritual that could keep us connected each week?
- 079 How do we want to handle money conversations?
- 080 How do we want to handle stressful seasons as a team?

CONVERSATION DECK

Questions 81-90

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

081 What is a childhood memory you want me to know more about?

082 What shaped the way you give or receive love?

083 What did relationships teach you growing up?

084 What makes you feel genuinely understood?

085 What fear can I help you carry more lightly?

086 What is something you rarely say but often feel?

087 What part of yourself are you still learning to accept?

088 What do you need when you are overwhelmed?

089 What does emotional safety mean to you?

090 What is one question you wish I asked you more often?

CONVERSATION DECK

Questions 91-100

Pick 3-5 questions. You do not need to finish the whole page. The goal is a better conversation, not perfect answers.

091 What is your favorite memory of us from the last year?

092 What do you want more of in our relationship?

093 What do you want less of?

094 What should we celebrate from this week?

095 What challenge do you want us to tackle together?

096 What is one date we should schedule this month?

097 What habit would make our relationship easier?

098 What is one commitment you want to make to us?

099 What would make you feel more connected next week?

100 Finish this sentence: "I choose us because..."

AT-HOME DATE IDEAS

Date Ideas 1-5

Low-pressure ideas designed to feel intentional without needing a big budget or a complicated plan.

Kitchen Date

Pick a recipe neither of you has made. Put your phones away and cook together. Winner chooses dessert.

Living Room Picnic

Blanket on the floor, simple snacks, music, and one rule: no logistics talk for 30 minutes.

Memory Lane Drive

Drive or walk to three places that matter to your story. Take one photo at each stop.

Dessert Crawl

Choose two or three dessert spots, split something small at each, and rate them for fun.

Theme Night

Pick a country or city. Make one easy dish, play music from the place, and watch something set there.

AT-HOME DATE IDEAS

Date Ideas 6-10

Low-pressure ideas designed to feel intentional without needing a big budget or a complicated plan.

● Two-Person Game Night

Cards, trivia, charades, or a co-op video game. Add a silly prize for the winner.

● Sunset Walk

Walk without headphones. Each person names one thing they are excited about right now.

● Bookstore Date

Choose a book for each other based only on the cover and title. Reveal why after.

● Photo Challenge

Give each other five silly photo prompts and take the pictures around your home or neighborhood.

● Breakfast for Dinner

Make your favorite breakfast foods at night. Add candles to make it feel intentional.

AT-HOME DATE IDEAS

Date Ideas 11-15

Low-pressure ideas designed to feel intentional without needing a big budget or a complicated plan.

● No-Plan Adventure

Leave home with a small budget and choose turns: one person decides the next stop, then switch.

● First Date Recreate

Recreate your first date as closely as possible - same food, same activity, new conversation.

● Home Spa Evening

Warm shower, skincare, tea, clean sheets, calming playlist, and 20 minutes of quiet together.

● Dream Trip Night

Pick a destination and plan a fantasy weekend with a map, three meals, and one unforgettable activity.

● Playlist Swap

Each person makes a five-song playlist and explains what every song says about them.

AT-HOME DATE IDEAS

Date Ideas 16-20

Low-pressure ideas designed to feel intentional without needing a big budget or a complicated plan.

● Favorite Things Tasting

Buy six small snacks/drinks and do a blind taste test. Score each one together.

● Sunrise Coffee

Wake up early once, make coffee/tea, and watch the sunrise together without screens.

● DIY Challenge

Build or decorate something small together. The only rule: both people must contribute.

● Comedy Night

Each chooses one short comedy special, sketch, or funny video. Laugh together - no doomscrolling.

● Future Home Date

Sketch your dream home or apartment together. Give every room one feature that represents your relationship.

ROMANCE DECK

7 romance challenges

Small, intentional gestures can make an ordinary week feel different. Pick one tonight or save the set for a future reset.

01 - THE 10-MINUTE FLIRT

Give each other ten minutes of undivided attention. Compliment something specific, tease gently, and remember what you liked about each other at the beginning.

02 - THE SURPRISE NOTE

Hide a short note somewhere your partner will find it today. Write one thing you admire that they may not hear often.

03 - THE MINI DATE

Choose one room, one snack, one playlist, and 30 minutes. Make the space feel intentionally different from a normal night.

04 - THE RECREATE

Recreate a favorite memory: the meal, the music, the walk, the movie, or simply the conversation around it.

05 - THE CHOICE DATE

One partner gets to choose the activity, the other chooses the snack. No debating. Just enjoy the other person's pick.

06 - THE MEMORY MESSAGE

Send your partner a message about a moment when you felt especially lucky to have them. Be specific about what happened and why it mattered.

07 - THE FUTURE KISS

Before bed, each person shares one thing they are excited to experience together in the future - then make a tiny plan for it.

BONUS CHALLENGE

The Phone-Free Date

Protect one small block of time from notifications, work, social feeds, and random scrolling. The point is not to be productive - it is to be present.

01 - PARK IT

Put phones somewhere out of reach and on silent. Choose an emergency exception only if needed.

02 - PICK ONE

Choose a simple activity: cook, walk, game, dessert, movie, or talk.

03 - STAY CURIOUS

Ask follow-up questions instead of reaching for a screen when the moment gets quiet.

CHECK IN BEFORE YOU START

We both agree to put phones away

We chose an activity

We are aiming for presence, not perfection

AFTER THE DATE

What felt different without our phones?

When did you feel most connected?

What should become a regular ritual?

BONUS WORKSHEET

Your weekly couple check-in

Set aside 15-20 minutes once a week. Each person answers first, then you decide on one small action for the week ahead.

What felt good between us this week?

Where did we feel disconnected?

What do we want more of next week?

What is one thing we appreciate about each other?

What is one small action we will take?

COUPLE QUIZ

How well do you know your partner?

Before looking at their answers, each partner guesses what the other would choose. Then compare. There are no wrong answers.

- 1 **Their ideal weekend:**
quiet at home / out exploring / social / spontaneous
- 2 **Their perfect date:**
food / activity / nature / cozy night
- 3 **When stressed, they prefer:**
space / talking / comfort / distraction
- 4 **Their love language in everyday life:**
words / touch / time / help / gifts
- 5 **A place they want to visit:**
- 6 **A meal they could eat repeatedly:**
- 7 **A small thing that annoys them:**
- 8 **A habit they want to improve:**
- 9 **A dream they care about:**
- 10 **A way you make them laugh:**
- 11 **A thing they are proud of:**
- 12 **A relationship ritual they want:**
- 13 **Their ideal morning:**
- 14 **Something they need more of:**
- 15 **Their answer to "I feel loved when...":**

COUPLE GOALS

Build the next 30 days.

Choose goals you can actually keep. Small, repeatable rituals usually beat ambitious promises.

DAILY

A small thing we can do most days.

WEEKLY

A ritual we protect once a week.

MONTHLY

One date, adventure, or bigger conversation.

OUR 30-DAY COMMITMENT

FINISH STRONG

What changed this week?

You do not need a perfect score. Notice what felt easy, what felt meaningful, and what you want to carry forward.

The best moment of the reset was...

I felt most connected when...

I want more of...

One thing I will do differently is...

Our next date is...



KEEP CHOOSING EACH OTHER.

One conversation. One date. One small ritual.

The reset is not the finish line. Use the question deck when conversation feels routine, the date ideas when you need a spark, and the weekly check-in when life gets busy.

YOUR NEXT STEP

Pick one weekly ritual now and put it on your calendar.

Made to be used together, not read alone.