

Our bare minimum list

Daily Care, 5 to 10 minutes a day. The basics we keep for each other.

1. **Morning, 1 minute.** A kind start. "What is on your plate today?"
2. **Daytime, 1 minute.** One heads-up about plans. One hello that is not logistics.
3. **Evening, 5 minutes.** Phones away. Ask, listen, follow up.
4. **Before sleep, 1 minute.** One thank you, or one sorry.

Always: respect in disagreements, honesty, doing what we say, time together, interest, a fair share, real apologies, safety.

Our top three: _____

From CoupleCareRoutine.com