The Turn-Toward Routine

10 minutes a day. For when we feel lonely together.

1. **Morning, 30 seconds.** A real goodbye. “What is one thing happening for you today?”
2. **Reunion, 10 minutes.** Phones down. Five minutes each about the day. No fixing. “Ideas or just ears?”
3. **Evening, 2 minutes.** One specific appreciation each.
4. **All day.** Catch the small bids. Look up, answer, ask.

Good news rule: when one of us shares a win, the other stops everything and asks for details.

From CoupleCareRoutine.com