

The Distance Rhythm

For when we live far apart.

Every day, 10 minutes: goodnight call or voice note

1. One high, one low.
2. One ordinary detail.
3. One thing to look forward to.
4. Our goodnight line.

Every week, 30 to 60 minutes: video date

- Do something together, not just talk.
- Five-minute check-in at the end.

Every month, 1 to 2 hours: the plan

- Next visit: dates, travel, one special thing, one ordinary day.
- Closing the distance: where, roughly when, one next step each.

From CoupleCareRoutine.com