The Roommate Reset

For when we feel more like roommates than partners.

Every day, 5 minutes

1. No logistics. Not one word about schedules, chores, or bills.
2. One real question we do not know the answer to.
3. One hug or kiss that means something.

Every week, 60 to 90 minutes: the novelty date

- New to both of us.
- A little exciting, active, or silly.
- Done together, side by side. We take turns choosing.

From CoupleCareRoutine.com