

A Month of Us

a free taste of The Couples Connection Journal

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BEGIN HERE

The Story of Us

How we met

The moment I knew

What I love most about you

What "us" means to me

4 WEEKS

Weekly Connection Questions

One a week for your first month together.

Wk 1. What first made you fall for me?

Wk 2. What does a perfect ordinary day with me look like to you?

Wk 3. When did you feel most loved by me this week?

Wk 4. What's something I do that you've never thanked me for?

Monthly Check-In

Month:

Rate our month (1 = rough, 10 = amazing):

Connection

1	2	3	4	5	6	7	8	9	10
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Communication

1	2	3	4	5	6	7	8	9	10
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Fun & play

1	2	3	4	5	6	7	8	9	10
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Intimacy

1	2	3	4	5	6	7	8	9	10
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Teamwork

1	2	3	4	5	6	7	8	9	10
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Best moment together this month:

Something we want to work on:

Our intention & one promise for next month:
