

RELATIONSHIP BUILDING HABIT TRACKER

Month: _____ Focus Person: _____

CONNECTION HABIT	M	T	W	T	F	S	S
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Daily Interactions

- Active Listening (10 mins)
- Verbal Appreciation/Compliment
- Mindful Check-in Text/Call
- Shared Meal (No Screens)

Weekly Intentions

- Quality Time Activity
- Act of Service/Support
- Relationship Progress Review

Reflections & Moments of Gratitude...