

DEEPENING RELATIONSHIP PROGRESS

Date: _____ Focus: _____

STATUS	CONNECTION MILESTONE / PILLAR	REFLECTIONS
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	Emotional Safety	
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	Feeling secure to express vulnerability	
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	Shared Values	
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	Alignment on core beliefs and future	
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	Active Listening	
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	Validating without immediate judgment	
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	Conflict Resolution	
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	Repairing after misunderstandings	
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	Shared Rituals	
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	Consistency in quality time	
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	Mutual Support	
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	Encouragement of individual growth	
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MONTHLY OBSERVATIONS & INTENTIONS