Creating a Relationship Ritual

In order to thrive, relationships need frequent care and attention. Rituals are one way to focus energy into your relationship. Whether it's a shared coffee every morning, or a ten-minute check-in before bed, rituals are a special time for you and your partner to connect, share affection, and be fully present.

As a couple, use the tips and examples below to create your own relationship rituals.

Tips for Relationship Rituals

- **Just be together.**

  Spend quality, uninterrupted time together, even if it's only for five minutes.

- **Eliminate distractions.**

  Turn off the TV, silence your phone, and move away from any other distractions.

- **Be completely present.**

  Spend your time *mindfully*, focusing on your partner and the experience you're sharing.

- **Keep it simple.**

  A ritual doesn't have to be a big event. It can be as simple as sharing a cup of coffee.

- **Make it a priority.**

  Protect the time you set aside for your ritual, even when life gets busy.

- **Do it consistently.**

  Make a habit of doing the ritual as often as possible—at least weekly.

Ideas for Relationship Rituals

Arrivals & Departures	**Evening Walk**
When leaving for the day or returning home, connect with your partner for a few moments. Discuss plans for the day, share an embrace, or talk about something that's on your mind. Have a *mindful* interaction, rather than a rushed goodbye.	Take a walk around your neighborhood after dinner. Be mindful, paying attention to the sights, sounds, and smells outside that you would normally overlook. After a few minutes, take turns sharing what you noticed.
Share a Meal	**Mini Date**
Choose a meal to share every day, whether it's a bowl of cereal or a fancy dinner. Make it special by lighting candles, saying a prayer, or taking turns selecting music. Avoid big distractions such as phones or TV.	Choose a day and time to have a short date each week. Practice a hobby together, play a boardgame, go out for coffee, or dance to music. Do whatever you like, as long as you are consistent, together, and in the moment.
Get Moving	**Book Club for Two**
Create an exercise ritual with your partner. Try going for a run, practicing yoga, or joining a gym. Get into the routine of exercising together at the same time every day, or on certain days each week.	Choose a book, podcast, or other media to share. You can read or listen separately, but come together afterwards to discuss. For example, listen to a podcast on your commute, and discuss it with your partner that evening.

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