

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 <i>mindful</i> 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.