BUILDING TRUST & CONNECTION

A FOLLOW-UP CARD FOR ONE GOOD INTENTION



We Had Such a Good Talk. Then Nothing Changed.

Think about one thing you both meant the last time you said, “We should do this more often.” Decide how it could show up once in the coming week.

From a good idea to a real plan

“Let’s eat together more.” → “On Thursday I’ll bring dinner home by seven. Could we eat at the table? If my shift runs late, I’ll text by six and we can choose a different night.”

The part of our conversation we want to carry forward

One action, one willing owner, and a day or cue

If circumstances change, how will we update each other?

When will we check back, and what would tell us the action helped?

Put it on the calendar before you finish

Invitation wording: “Did our Thursday dinner plan work for both of us? Let’s take five minutes on Sunday to decide what to keep or change.”

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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