

Weekly Sync: ~45 Minutes

- Gratitude ~ 4 Minutes
 - *What are you grateful for in the last week (personally, relationship, work, kids, etc.)?*
- Weekly Reflections ~ 10 Minutes
 - **Self Reflections** (based on the last week)
 - *How was my mindset?*
 - *How was my health (mind, body, soul)?*
 - *How was my parenting?*
 - **Connection Reflection** (based on the last week)
 - Partner 1: How connected do I feel to you?
 - Partner 2 (without reacting): What is one thing I can do this week to improve the score?
 - Repeat in reverse
- Rocks ~ 3 Minutes
- To Do's ~ 3 Minutes
- 7 Day Calendar & Jobs Review ~ 10 Minutes
- Topics ~ 10 Minutes
- Recap & Rating ~ 5 Minutes
 - *Review To Do's*
 - *Rate The Meeting 1-10*



TIPS FOR GREAT SYNC MEETINGS

- Have fun
- Be prepared
- Stay present and eliminate distractions
- This is not Date Night
 - Date Night = fun and connection
 - Weekly Sync = accountability, connection, celebrating progress, and working together
- Don't try to solve everything on your list in a single meeting. Prioritize.