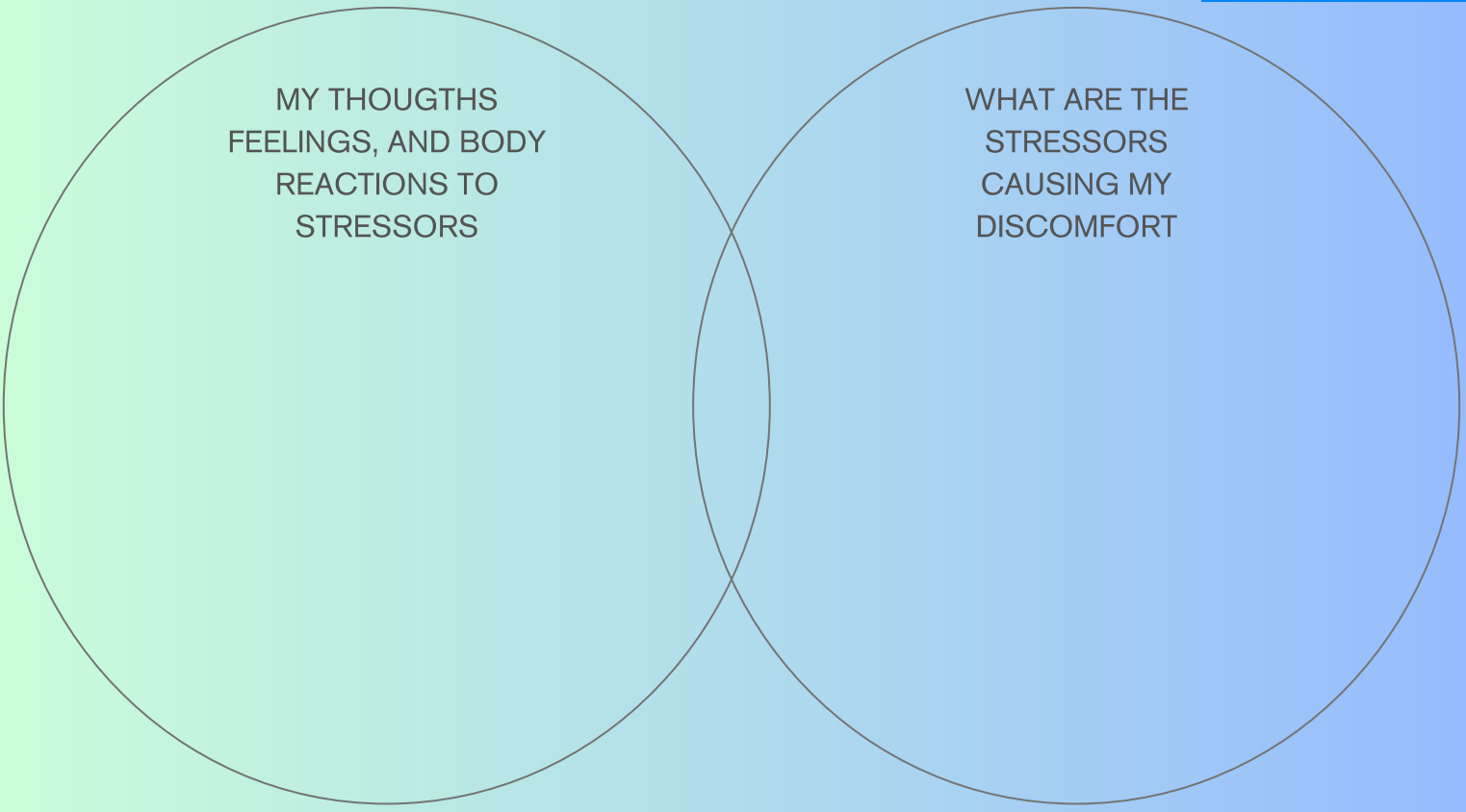
COUPLES WEEKLY CHECK-IN JOURNAL

Can't We Just Get Along Counselling Inc.

Helping Couples & Adults Find Happiness

DATE:



SHARE EMPATHY, SUPPORT COMPASSION WITH YOUR PARTNER, AVOID PROBLEM SOLVING FOR THEM

RATE HOW WE ARE DOING WITH THE FOLLOWING AREAS OF OUR LIVES. WHAT SUPPORT DO WE NEED TO GIVE EACH OTHER IN THESE AREAS.

SELF-CARE	1	2	3	4	5
NUTRITION	1	2	3	4	5
FITNESS	1	2	3	4	5
SLEEP	1	2	3	4	5
PRODUCTIVITY	1	2	3	4	5

I AM PROUD OF YOU FOR THE FOLLOWING