THE 10-MINUTE RECONNECTION

Make ten minutes count.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

Warrior Couple™

10-Minute Reconnection

A simple connection reset for couples who want to pause, reconnect, and choose each other.

10 minutes. No phones. No fixing. Just us.

You don't need an entire date night to reconnect. Sometimes ten intentional minutes can change the tone of an entire evening. Use this printable whenever life feels busy, distant, routine, or simply too loud.

The goal: not to solve everything. The goal is to remember that you're partners, friends, and a team.

Before You Begin

■ Put phones and distractions away.

■ Sit somewhere comfortable where you can see each other.

■ Take one slow breath together.

■ Give both people a chance to speak.

■ Listen to understand—not to prepare your response.

Warrior Couple Reminder

Connection doesn't always require a big gesture. Sometimes it starts with turning toward each other and saying, **“I'm here. Let's reconnect.”**

The 10-Minute Reconnection

Minute 1 — Arrive

Look at each other. Take a breath. Let the day stay outside the room for a moment.

Minute 2 — Appreciate

Each person answers: *“What is one thing I appreciate about you today?”*

Minutes 3–4 — Check In

Each person answers: *“How are you really doing today?”* No fixing unless your partner asks for help.

Minutes 5–6 — Remember

Each person answers: *“What is one memory of us that makes you smile?”*

Minutes 7–8 — Reconnect

Each person answers: *“What would help you feel a little more connected to me this week?”*

Minute 9 — Choose Us

Complete together: *“One thing we can do for our relationship this week is…”*

Minute 10 — Close

Hold hands, hug, kiss, or simply sit together. Finish with: **“I'm glad we're doing this.”**

Choose One Question

Pick one when you have a little extra time. There are no perfect answers.

1. When do you feel closest to me?

2. What is something you've been needing more of from our relationship?

3. What is something we used to do together that you miss?

4. What makes you feel loved by me in everyday life?

5. What is one thing we could laugh about more often?

6. What is one small adventure we could plan together?

7. What is something you want us to protect from the busyness of life?

8. What is one thing you are proud of about us?

9. What is something you want us to learn together?

10. Finish this sentence: “I still choose you because…”

Our conversation notes

_____

_____

_____

_____

_____

_____

_____

Reconnect Without Words

Choose one simple action together.

■ Hold hands for one full minute.

■ Give each other a genuine hug and stay there for three breaths.

■ Sit close with no phones or television.

■ Take a short walk together.

■ Give each other a shoulder or hand massage.

■ Look into each other's eyes and smile.

■ Dance to one song in the living room.

■ Make a favorite drink or snack for each other.

Afterward, each person answers:

“How did that make you feel?”

Partner 1: _____

Partner 2: _____

One thing I want more of in our relationship:

_____

One thing I can give more of:

_____

Our Reconnection Commitment

Ten minutes won't solve every relationship challenge—and it doesn't have to. What matters is creating a habit of turning toward each other.

For the next 7 days, we commit to:

■ Taking at least 10 intentional minutes together.

■ Listening without immediately trying to fix.

■ Putting distractions away when we need connection.

■ Finding one reason to laugh together.

■ Showing affection in a way that feels meaningful to both of us.

■ Remembering that we're on the same team.

Our next 10-minute reconnection:

Day: _____ Time: _____

Where: _____

One word for how we want our relationship to feel:

_____

Warrior Couple™

Connection over autopilot.
Conversation over silence.
Laughter over routine.
Teamwork over competition.
Us over everything that tries to pull us apart.

The box is the invitation. The conversation is the opportunity. **The connection is the goal.**