

FOR YOU. FOR ME. FOR US.

7 Days of Little Love

A few ordinary minutes.
Something just for you two.

Seven simple rituals, thoughtful conversation prompts,
six love coupons, and a little date-night inspiration.

Start anywhere. Go gently. Make it yours.

An original RelationshipCoach mini guide

An invitation, not a to-do list.

Choose a moment you both want to share. You can do one day at a time, stretch this over a month, or simply pick what feels good. There is no score, no streak, and no perfect way to show up.

Keep every activity optional. Either person can pass, pause, or suggest something else. These general reflection exercises assume mutual respect and safety; they are not therapy or personalized coaching.

Your week of little moments

01	Notice the little things	5 minutes
02	Listen without fixing	10 minutes
03	Take a tiny trip down memory lane	10 minutes
04	Leave a love note	5 minutes
05	Make an everyday date	20 minutes
06	Ask for one little thing	10 minutes
07	Keep what felt good	10 minutes

Make it yours: What would help this feel comfortable and enjoyable for both of us?

DAY 01 / 5 MINUTES

Notice the little things

Each name one specific thing the other person did recently that you appreciated. Say what it meant to you. Keep it small and true: a cup of tea, an errand, a moment of patience.

What is one ordinary thing we do that you hope we keep doing?

Today I noticed...

DAY 02 / 10 MINUTES

Listen without fixing

Ask whether now is a good time to talk. Take turns sharing one thing that has taken energy this week. The listener reflects back what they heard, then asks whether listening or practical help would feel better.

What would make tomorrow feel a little lighter?

One way I can support you...

DAY 03 / 10 MINUTES

Take a tiny trip down memory lane

Each bring one photo, song title, or memory you want to share. Tell the story behind it. Share only what you choose; this is not an invitation to search each other's devices.

Which small moment from our story would you happily live again?

A memory I want to keep...

DAY 04 / 5 MINUTES

Leave a love note

Write three honest lines: something you appreciate, a memory you love, and a little thing you look forward to. Leave it somewhere your partner is comfortable finding it, or read it aloud.

Do you prefer affection in words, little actions, shared time, or another way today?

Dear you, I love the way...

DAY 05 / 20 MINUTES

Make an everyday date

Choose a snack, a playlist, and a comfortable place together. Agree on a short pocket of time without chores or scrolling. If today is too full, pick a time that suits both of you.

What would you like more of in our ordinary evenings?

Our tiny date plan...

DAY 06 / 10 MINUTES

Ask for one little thing

Each make a small, specific request for the coming week. Try: 'Would you be up for a short walk with me on Thursday?' Leave room for a no or an alternative. Choose an agreement that works for both of you.

What is one simple way we could make time for each other this week?

Something we both want to try...

DAY 07 / 10 MINUTES

Keep what felt good

Look back without scoring each other. Name one moment you enjoyed and one activity you would change or skip. Choose a single ritual to repeat, and agree on when to try it next.

What felt most like us, and what would we like to keep?

Our next little moment, and when...

A love note to our future selves

One thing we enjoyed. One thing we would change. One small moment we want to make room for again.

Our next moment together: _____

A little love, redeemable together.

Cut out a coupon or read it aloud. Agree on timing and budget together. A coupon is an invitation, never an obligation. Either person can change their mind.

A date you don't have to plan

I will suggest two easy options. You choose, change them, or pick another day.

With love, _____

Your favorite little treat

A snack or drink you enjoy, within a budget we agree on.

With love, _____

A phone-free pocket of time

Twenty minutes together, at a time that works for both of us.

With love, _____

One small task, taken care of

Tell me one manageable thing that would make your day easier.

With love, _____

A playlist with a story

Three songs and the memories that made me choose them for you.

With love, _____

Make this one yours

Our idea:

With love, _____

Make a little night of it.

Choose your energy and budget together. Twenty pleasant minutes count. Each of these can be adapted to your needs, location, and access.

TIRED & COZY

Tea and three songs

Each choose a song from childhood, one from your story, and one you love now. Share why you picked them.

CURIOUS & PLAYFUL

The tiny tasting night

Compare two snacks or drinks you both enjoy. Give them silly names and choose your favorite.

READY TO WANDER

A familiar place, a fresh look

Take a comfortable route or sit somewhere you enjoy. Each notice three things you usually miss.

LOVING FROM A DISTANCE

Dinner, two tables

Share a short call over an easy meal. Ask about one ordinary detail from each other's day.

Our next date: _____

When / where / budget: _____