



COUPLE'S WEEKLY CHECK-IN

STRENGTHEN YOUR
CONNECTION WITH
THE 3 C MOTTO

COMMUNICATION
COMPASSION
COMPRMISE

*Build a love that lasts, reignite the passion within,
and truly understand the heart of your connection.*

BY HOLISTIC ZINA



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THE FIRST C :

Compassion, is when we can understand the others pain, frustration or joy. Responding with kindness and care. Compassion is about being there for each other, not just in times of happiness but especially during the tough moments when emotional support is needed most.

THE SECOND C :

Compromise, is in finding a balance between your needs and the others. It requires both partners to set aside their own desires to some degree and meet in the middle.

THE THIRD C :

Communication, is not just about the words you say but how you listen and respond. Empathy ensures that communication goes beyond surface level conversation and delves into deeper into understand one another.

BY HOLISTIC ZINA



7 DAY CHECK IN

DAY 1

HOW DID I RECIEVE LOVE TODAY?

Think about the ways your partner showed love, big or small, and how those moments made you feel.

HOW DID I EXPRESS MY LOVE TODAY?

Reflect on how you demonstrated your love - through words, actions, or support - and its impact on your connection.

WHAT IS SOMETHING YOU'RE GRATEFUL FOR IN YOUR PARTNER TODAY?

Gratitude elevates compassion. Highlight a quality, action, or moment that made you feel especially thankful.

IS THERE ANYTHING YOU THINK COULD OF GONE BETTER TODAY?

Gently acknowledge areas of improvement, not to criticise, but to understand and grow together.



7 DAY CHECK IN

DAY 2

HOW DID I RECIEVE LOVE TODAY?

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7 DAY CHECK IN

DAY 3

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7 DAY CHECK IN

DAY 4

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7 DAY CHECK IN

DAY 5

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7 DAY CHECK IN

DAY 6

HOW DID I RECIEVE LOVE TODAY?

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HOW DID I EXPRESS MY LOVE TODAY?

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7 DAY CHECK IN

DAY 7

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WEEK END CHECK IN

WHAT WENT WELL THIS WEEK?

Reflect on the moments that brought joy or progress this week. Recognising these helps you celebrate small wins and build positivity.

WHAT COULD WE IMPROVE ON?

Consider challenges or missteps and explore ways to address them together. Growth happens when you tackle obstacles as a team.

WHAT IS SOMETHING YOU'RE GRATEFUL FOR IN YOUR PARTNER THIS WEEK?

Gratitude strengthens bonds. Focus on the small or big gestures that made you feel loved or supported.

WHAT IS ONE THING WE'LL FOCUS ON IMPROVING NEXT WEEK?

Set a shared intention for the coming week. Progress is easier with a clear and focused plan.

TRANSFORMING YOUR RELATIONSHIP WITH THE 3 C'S

Each of the “3 C’s” - Compassion, Compromise, and Communication - are essential pillars of a successful relationship, but it is empathy that brings them to life. When empathy is the foundation of your interactions, you create a relationship where both partners feel valued, supported and connected on a profound level. The “3 C’s” then serve as practical tools for maintaining that connection, even when challenges arise.

“RELATIONSHIPS ARE COMPLEX, BUT WITH EMPATHY AS YOUR GUIDE AND THE “3 C’S” AS YOUR TOOLS, YOU CAN BUILD LASTING, STRONG CONNECTIONS THAT NURTURE BOTH, YOU AND YOUR LOVED ONES.”

BY HOLISTIC ZINA

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