

Week Planner

Time Together

This week I will choose to spend these times together with my partner:

During this time I am choosing to do these things with my partner:

New

This week I am choosing to try this new thing with my partner:

Sex

This week we are choosing to have sex this many times:

In these locations:

Will try this that my partner wants:

Will try this that I want:

Will try this new thing:

Personal Development

This week I am choosing to work on:

Self Care

This week my self care will be in the form of:

This week I am potentially going to find this difficult:

This week I am choosing to ease my workload by:

Ultimate Wish

This week I am choosing to help my partner progress towards their ultimate dream by:

Easing The Load

This week I will choose to help my partner ease their load by helping them with:

This week I will choose to help ease my load by asking my partner to help me with:

Challenges

This week my partner's greatest challenge will be:

This week my greatest challenge will be:

This week we will choose to help each other by: