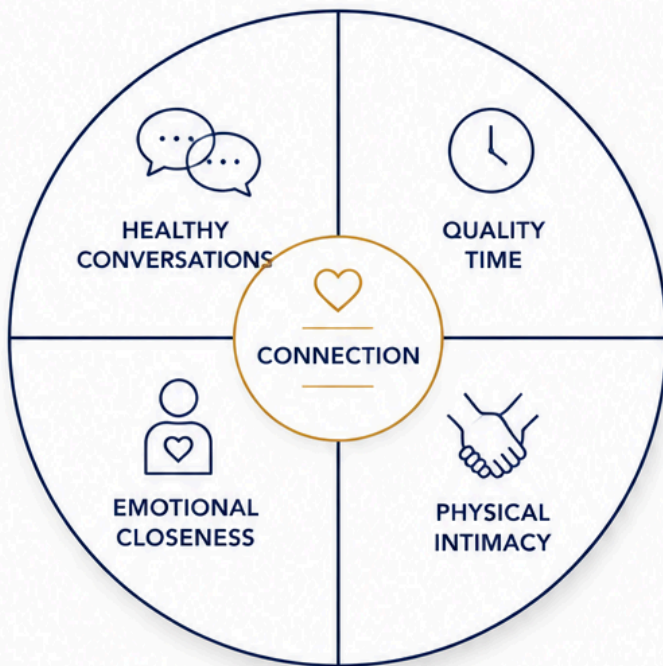


FOUNDATIONS OF A RELATIONSHIP

Healthy relationships require intention, respect, and ongoing care.

Strong relationships are not built through one grand gesture. They are strengthened through consistent investments in the areas that matter most. Like the pillars of a home, each foundation supports the overall health and stability of the relationship.

When one area is neglected, the relationship may feel less connected. When all four areas receive attention, couples often experience greater closeness, trust, and resilience.



REFLECTION

Consider each area below. Place a check beside the area that currently feels strongest.

- Healthy Conversations
- Quality Time
- Emotional Closeness
- Physical Intimacy

Which area would benefit from more intentional attention?



PARTNER CONVERSATION

Discuss together:

What is one small thing we could do this week to strengthen our relationship?



TAKEAWAY

Strong relationships are rarely built in a day. They are built through small moments of care repeated over time.

