



# A Relationship Copilot

Why does our most important relationship on Earth take a backseat? Because we think it can. With all the pressing priorities in your career and supporting your kids, your marriage gets pushed into "whatever's left". But what if your relationship was planned more like your work calendar or your kid's soccer schedule?

When your relationship gets a front seat, everything else gets easier...and better.

At Apparent we are building systems to make it easier to ensure your relationship gets time on that busy calendar, too. But if you want to DIY, here's how to get started quickly and easily.



# Partner Intention: DIY

## A Time-Making System for Your Relationship

Shameless plug: Apparent sets all this up so you don't have to. But, here's a practical way to plan and execute on giving some time to your most important relationship on Earth.



1

### Daily Micro Connections

**60-second connections even while the day runs away.**

#### Morning

- Share some gratitude
- Intentional touch (hug, kiss, etc.)
- Tell partner 1 thing you need today

#### Daytime

- Text "just because" before the next meeting
- Pull up photos and send a memory.

2

### Weekly Relationship Maintenance

**60 minutes sets your entire week up better.**

#### Sunday

- 15 min calendar sync for the week
- Calendar your 15 min. catchup for midweek (Wed/Thur.)

#### Connection Anchors

- 1 meal, no devices
- Have your midweek catch-up

3

### Monthly Milestones

**1-2 dedicated blocks to invest in one another.**

#### Relationship Check-in

- 30 mins: Review past month of wins & challenges
- Plan next month's date night

#### Date Night

- Go out... classic date night or tailgate picnic
- Or stay in: Vino + movie night
- 2-4 hours just for you two

4

### Quarterly Reset

**A 2-3 hour session makes the next 90 days intentional.**

#### Partner Pulse Check

- Share which actions and activities are working
- And which aren't
- Pick 1 "love language" (gifts, affirmation, physical touch to focus on)

#### Calibration

- Schedule 1 overnight/weekend parents-only time in next 6 months
- Agree financials for partner-only activities in next quarter
- Contact sitters for plans, now!