



Exercise: Making Space to Make Time... Realising Rhythms

• Discuss when you will spend time together investing in your household on a daily/weekly/monthly/termly/annual basis

Write notes of your plans...

what, when, & how?

our eg

your ideas?

- Daily
Eve meal times
Cuppa Tea touch in
- Weekly
Business time (literally!) – weds 10am
Date Day – Friday
Family Night - Friday eve
Community Brunch – Sat
- Monthly
Household Planning Brunch – sat
Major Movie Night
- Termly
'Lurve Weekend' / romantic break
- Annually (*including how do you want to do holidays & big festivals?*)
1x Fam only hols – hunt as pack!

Christmas: @ ours

Easter: @ ours

Christmas:

Easter: