



SEE THE SAME WEEK.

A 15-minute weekly guide for you and your wife

Start with something good. Make the week visible. Protect one thing together.



ONE WEEK / ONE SHARED PAGE

01 CONNECTION

One thing I appreciated about you this week

How are we doing, honestly?

One thing I can do this week to support you

02 THE WEEK AHEAD

Put the commitments, handoffs, and pressure points on the same page.

MON

TUE

WED

THU

FRI

WEEKEND

THE PRESSURE POINT

Where will the week feel tight, and what can we decide now?

03 HOUSE + MONEY

Meals and groceries

Kids and family needs

Home projects or handoffs

Upcoming expenses or decisions

04 PROTECT

Time for us

One family moment

Our shared win for the week

Nothing has to be solved all at once.

The point is to see the same week and choose what deserves your attention together.