

10 Relationship Rituals

With Sheila Robinson-Kiss, Msw, Lcsw

1. **Moon Walks-** Walk around the block together each night and enjoy the moon.
2. **Pass a Journal Between You-** Keep a shared journal and write loving messages to one another through the years (does not need to be daily-monthly or quarterly is fine).
3. **Bless One Another-** Before your day begins take a moment to embrace each other and say, "I wish the best for you today and always."
4. **Build a Calendar of Dates-** Post a calendar and take turns planning dates for the month.
5. **Toast the Night-** Make time to share a toast each night, followed by a blissful kiss!
6. **Plan an Indoor Picnic-** Enjoy an outdoor picnic inside.
7. **Park at the Park-** Grab at snack and head to the park together for lovely chat in the car.
8. **Cook in Calm-** Cook your favorite meal together.
9. **Be Still and Embrace the Music-** Sit on the couch, kick up your heels, and listen to music together.
10. **Take the Scenic Route-** Grab your keys and take a scenic drive together.