

Weekly Connection Tracker

Use this tracker to build daily habits of connection. Small, consistent moments of care strengthen emotional safety and reduce the need for conflict.

Each day, check off or write down one small connection moment (a kind word, a hug, a prayer, or a shared laugh). At the end of the week, reflect together on what felt most meaningful.

Day	Connection Action	Reflection / Notes
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

End of Week Reflection

Most meaningful moment this week: _____

Easiest connection habit: _____

Hardest but most healing habit: _____

One thing we want to try next week: _____