

## Sunday Night Meeting

Make an appointment in both your calendars every Sunday. Use these questions for both of you. Listen to understand. Listen for what it's not being said. Open your heart. Share what matters. Agree actionable items to make this conversation of high impact.

1. What does your upcoming week look like?
2. What's important to you this coming week?
3. Let's set some goals: joint and individual ones
4. Is there anything I can do to help you?
5. How can I encourage you?
6. Are you happy?
7. Did you feel loved this past week? How?
8. How would you like to feel loved and encouraged this week?

