


Relationship Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

-
- Each day, rate your connection and communication quality from 1 to 10
 - Check off whether you spent quality time, expressed appreciation, and shared physical affection
 - Write what you genuinely appreciate about your partner — be specific
 - Reflect on a communication moment and note any shared goals you discussed
 - Review weekly to notice patterns in closeness, communication, and growth



Scan for a detailed guide on how to use this journal

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*

Date: _____

Connection (1-10): 1 2 3 4 5 6 7 8 9 10

Communication (1-10): 1 2 3 4 5 6 7 8 9 10

Quality time:

Expressed appreciation:

Physical affection:



Appreciation for partner *(hint relationship reflection)*

Communication notes *(how was your communication today? any breakthroughs or tensions?)*

Shared goals *(goals you are working toward together)*
