

Time Together

A conversation for the weeks when everything matters.

I made this because two people who care about each other still have to figure out whose plans move and what gets to wait. I want us to make those decisions with more understanding of what we each need. Use these pages with someone you love. Leave room for an answer you did not expect.

Mike

Start with a conversation.

Ask each other the questions below. Listen before explaining your schedule. Write a few words to remember the answer, or use the prompts aloud.

Type into the fields and save a copy, or print and write by hand.

Your name

Their name

What time together have you been missing?

What would you like more of? An ordinary part of being together counts.

What matters to you in the week ahead?

Talk about what needs your attention and why it matters. Include what has some flexibility, so neither person has to guess.

Before turning the page, tell each other what you understand better now.

Keep both people's answers in mind as you make the plan.

Make room for us

Choose time you both want. A compromise should leave each person with a say in what happens next. Keep the plan small enough to fit the week you actually have.

What would feel good to do together?

Day and time

Where

What will each of us do to make room?

Agree on what needs to move, wait or be handled beforehand. An adjustment might be putting a phone away or asking someone else to cover a task.

What I will do

What they agree to do

If something changes, how will we handle it?

Decide how to let each other know and choose another time together.

Put the time on your calendars while you are together.

Afterward, ask: "What did you enjoy, and what would you like us to do again?" You do not need to fill in another page. Let the answer help you make the next plan.

I hope you leave this conversation feeling closer.