

Caring Behaviours chart for _____

Make a list of 10 simple, inexpensive things that you could do for your partner through the week for the sake of the relationship. Choose to do 1 or 2 each day for the next week and mark off which caring behaviours you do on which day.

| Simple, inexpensive things I could do that would make my partner feel cared about... | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| 1. | | | | | | | |
| 2. | | | | | | | |
| 3. | | | | | | | |
| 4. | | | | | | | |
| 5. | | | | | | | |
| 6. | | | | | | | |
| 7. | | | | | | | |
| 8. | | | | | | | |
| 9. | | | | | | | |
| 10. | | | | | | | |