A DEEPER US · FROM THE LIBRARY

The Daily *Reconnect*

Ten minutes. Two people. One thank-you.

Once a day, phones down, sitting face to face.

1 **Turn toward** · 1 min
Sit close. Take one slow breath together.

2 **Give thanks** · 3 min
Each of you names one specific thing you appreciated about the other today.

> *"Today I noticed you _____, and it made me feel _____."*

3 **Receive it** · 1 min
Answer with "Thank you for seeing that." No shrugging it off.

4 **Check in** · 3 min
Share the high and the hard of your day. Just listen. No fixing.

5 **Reach** · 2 min
Ask: "Is there one thing I can do for you tomorrow?"

STEP 2, MADE EASY

A week of *gratitude*

Not sure what to say? Use the day's prompt, and finish the sentence for each other.

MON	Something you did today that made my life easier.
TUE	A quality I admire in you that I don't say out loud enough.
WED	A moment this week when I felt like we were on the same team.
THU	Something small you do that I never thank you for.
FRI	A memory of us that still makes me smile.
SAT	How you showed up for me, or for us, when it was hard.
SUN	Something about who you're becoming that I'm proud of.

Keep it gentle

Be specific: "the coffee you brought me" lands deeper than "you're sweet." On a hard day, a small thank-you still counts. Missed a day? Pick it back up tomorrow. No scorekeeping.