



HALF FULL



social science for raising happy kids

In his book *The Seven Principles for Making Marriage Work*, John Gottman gives couples a plan for improving their relationship in “five magic hours a week.” Use this worksheet to track your five hours, being sure to reward yourself (and each other) when you succeed.

2 minutes every weekday morning: Don't leave the house without knowing what lies ahead for your partner.

20 minutes when you get home: Decompress a little together before you plunge headlong into your evening routine. Listen actively to your partner, and be supportive. Think twice before you start offering advice at this time – the goal is to listen.

5 minutes every day: Find something you appreciate about your partner and tell him or her.

5 minutes every day: Give a little lovin'. Kiss, grab, hold, hug and otherwise touch your guy or gal. Here's to hoping that it lasts more than five minutes!

2 hours a week: Schedule time to get to know your partner better. Play games where you ask each other questions, or use the time to resolve a problem.

SUN	MON	TUES	WED	THU	FRI	SAT

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