

10 Ways to Stay Connected in Busy Seasons

1. Use Rituals of Connection
2. Text/Call Throughout the Day
3. Daily Check-In Conversations
4. Remove Distractions When Together
5. Show You're Thinking of Them
6. Date Nights
7. Share Meals Together
8. Leave Love Notes
9. Use Spontaneous Opportunities
10. Give Lots of Grace to Each Other