The Weekly Huddle

Fifteen minutes, once a week, to look at how things are really going, before small things turn into big ones.

BEFORE YOU START

- Same night every week
- Phones away
- 15 minutes, then stop
- One topic, not a list
- If it heats up, pause 20 minutes
- During the week, save things for the Huddle

Before you meet: the pre-work about 2 minutes each, on your own

- Write a line or two: the highlight of my week; what was hard; something on my mind to talk about; next week, I've got...
- No pre-work tonight? Do the 10-minute Huddle below.

1 Celebrate and reconcile about 10 minutes

- Celebrate: share your highlights. Then thank the other for one thing from this week. Be specific: what they did, and what it meant to you.
- Reconcile: pick one thing that didn't go well. Say what happened for you, then say back what you heard before you answer. Ask: "What were you trying to protect?"

2 Move forward about 5 minutes

- Did last week's goals happen? If not, what got in the way? Say one decision out loud. Small is fine.
- Look at what's coming up. What would make it easier?
- Stay with what you're working on: one area (the two of you, money, health, growth, or faith) or a goal of your own. Pick one small thing each, and one to do together.
- Read them out loud. Each of you says "I'm in." Couples of faith: pray one sentence over each other's week.

BUSY WEEK? THE 10-MINUTE HUDDLE

No pre-work: one thank-you each, one decision if something needs it, then one small thing each and one together, and each say "I'm in."

YOUR FIRST ONE

It'll feel a little awkward. Keep it short, end on time, and do it again next week. The second is easier.

Want help keeping it going? The R.O.S. app gathers your week, walks you through the pre-work and each part on one phone or both, keeps next week's goals on both of your phones, and reminds you both on Huddle night. Free to start: **rosplatform.app**

R.O.S. isn't therapy. In danger? Call 911, 1-800-799-7233 or 988.

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