

BUSY LOVE CHECKLIST

DESIGN YOUR OWN BUSY LOVE SYSTEM. HERE'S HOW:

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| 1. READ BUSY LOVE | 4. TURN THE CHECKED TOOLS INTO HABITS |
| 2. PLACE A CHECKMARK NEXT TO THE TOOLS YOU LOVE | 5. USE THIS CHECKLIST AS YOUR REMINDER |
| 3. SKIP THE TOOLS YOU DON'T | 6. BE LESS BUSY, MORE IN LOVE |

STEP 4 *Money*

- ☐ **THINK LIKE FAMILY INC.**
See yourselves as cofounders of your joint family venture.
- ☐ **IDENTIFY YOUR SHARED VALUES**
Identify 3–5 values. Use them to guide big decisions.
- ☐ **APPOINT YOUR FAMILY CFO**
Empower the lower-earner as head of family finance.
- ☐ **MEET ABOUT MONEY**
Schedule 15-minute monthly and 60-minute annual Couples Cash Chat meetings.

STEP 1 *Space*

- ☐ **CLAIM YOUR 25TH HOUR**
Turn hidden commitments into an hour of expanded space.
- ☐ **BREAK YOUR COMPLETION ADDICTION**
Allow yourself to leave low-priority to-dos undone.
- ☐ **PERMISSION TO BE THAT PERSON**
Today, give yourself permission to be [insert judgment].
- ☐ **EMBRACE THE LAW OF DIMINISHING COMFORT**
Remember: If you stay with it, discomfort never lasts.

STEP 2 *self*

- ☐ **TAKE 100% RESPONSIBILITY**
Ask: "What's my part in this dynamic?"
- ☐ **PRESS PAUSE**
Notice dysregulation. Take a breath. Respond skillfully.
- ☐ **HOW DID YOU DIE?**
Ask this question to create safety for you and your partner.
- ☐ **GO TO THERAPY**
Find a good therapist. See your blind spots.

STEP 3 *us*

- ☐ **CHECK IN DAILY**
Update + Appreciate for 10 minutes each day.
- ☐ **DO A WEEKLY DATE SOMETHING**
Put it on the calendar; defend it with your life.
- ☐ **ARGUE FROM L-O-V-E**
(L)ook, (O)wn your side, (V)alidate, and (E)mbrace.
- ☐ **SCHEDULE WEEKLY SEX**
Set up time for sex at least once per week.

STEP 5 *Logistics*

- ☐ **SORT YOUR ROLES ON STICKY NOTES**
Divide up household labor, by design.
- ☐ **LEARN TO LOVE LISTS & CALENDARS**
Streamline your life with shared lists & calendars.
- ☐ **DO A WEEKLY HUDDLE**
Check in about logistics at start of each week.
- ☐ **CLEAN UP YOUR LOGISTICAL MESS**
Fix yesterday's decisions that suck away today's time.

STEP 6 *others*

- ☐ **BE AN ADULT**
Stop being your parents' kid, seriously.
- ☐ **BE EACH OTHER'S BESTIE**
Choose each other over friends and acquaintances.
- ☐ **FLEX WORK AROUND YOUR FAMILY**
Prioritize your partner and family over work.
- ☐ **NOTICE JUST-THIS-ONCE THINKING**
Catch yourself in this LSO trap. Choose your partner instead.

STEP 7 *World*

- ☐ **RECLAIM YOUR ATTENTION**
Create strategies for minimizing digital distraction.
- ☐ **WIN THE US-VERSUS-THE-WORLD BATTLE**
Build a plan for doubling down on love in times of crisis.
- ☐ **FIND YOUR COUPLE OASIS**
Deepen connection by taking breaks from the world.