

# The Daily 20 Minute Conversation Habit

Use this guide as a way to connect with more ease through conversation. Ideally you will find time everyday to truly connect with a loved one. It's not about perfection: if you can only converse for 10 minutes or only 1 question, remember, the beauty is in the action, the beauty is in the effort. Use this guide with a partner, a parent, a child or a friend.

1. What went right today?
2. How did that happen, what thing(s) made it possible?
3. Discuss what went wrong.
4. What is one thing you'll do to correct it or do to try to make sure that doesn't happen again?
5. Express appreciation for something that happened today?
6. Ask your partner/parent/child/friend what their needs are for tomorrow.
7. Three positive traits/actions/characteristics about your partner or the relationship.
8. End by asking and understanding, "what can I do to make you feel loved and valued tomorrow?"

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