

## Intentional Connection Activities for Couples Navigating Infertility

1. Create a Sunday morning ritual (e.g., coffee, walk, journal together)
2. Plan regular date nights with rotating responsibility for planning
3. Start a 'just us' journal where you share notes, drawings, or thoughts
4. Build a couple's bucket list and start crossing items off
5. Designate a monthly 'digital detox day' to unplug and reconnect
6. Take a cooking class, art workshop, or try a new hobby together
7. Schedule a weekend getaway or staycation-even if it's just one night
8. Create an 'annoying things jar' where you write grievances to discuss later, not during fights
9. Have a nostalgia night: revisit favorite memories, music, or movies from early in your relationship
10. Do a home project together that symbolizes building something for your shared future
11. Start a couples' book club with a mix of fiction, fun, and growth-oriented reads
12. Try partner yoga, dance, or a joint physical activity to build physical trust and connection
13. Establish a silly tradition (e.g., Tuesday night board games in pajamas)
14. Write each other notes or leave surprise sticky notes of appreciation
15. Take turns planning 'surprise mini-dates' under \$20
16. Volunteer together for a cause you both care about
17. Make a monthly playlist for each other-songs that express your mood or memories
18. Recreate your first date or another significant relationship moment
19. Celebrate small wins or milestones with intentional mini-celebrations
20. Establish a weekly check-in ritual to talk about emotions, needs, and appreciation