
ONGOING MAINTENANCE

The Weekly Marriage Meeting

A 30-minute weekly check-in that prevents small issues from becoming big problems.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Prevention, Not Repair

You change the oil in your car every 5,000 miles. You go to the dentist twice a year. You do annual physicals. But most couples do zero maintenance on their marriage until something breaks.

The Weekly Marriage Meeting is preventive maintenance. Thirty minutes a week to check in, appreciate each other, address small issues before they grow, and stay aligned. Couples who implement this consistently report fewer blow-up arguments and more satisfaction.

The Agenda

1. Appreciation (5 minutes)

Each person shares one specific thing they appreciated about their partner this week. Not generic. Specific. 'Thank you for handling bedtime alone on Wednesday so I could decompress.' Start positive.

2. Logistics (5 minutes)

Calendar review for the upcoming week. Who has what? Any schedule conflicts? Kid activities? Travel? Get on the same page so nothing gets dropped.

3. Concerns (10 minutes)

Each person gets to raise one concern. Not a complaint. A concern framed as a need. 'I need more help with bedtime' not 'You never help.' Listen without defending. Seek to understand.

4. Goals (5 minutes)

What is one thing you want to accomplish together this week? Date night? A project? A conversation you have been putting off? Name it and commit.

5. Connection (5 minutes)

End by asking each other: 'What do you need from me this week?' Listen. Commit. Follow through.

Meeting Template

Print multiple copies. Use one each week.

Week of: _____

My appreciation for my partner this week:

Key logistics for this week:

My one concern (framed as a need):

Our goal for this week:

What my partner needs from me:

What I need from my partner:

PRO TIP: Same day, same time, every week. Put it on the calendar. Protect it like a doctor's appointment. If you skip one week, it becomes two. Then it dies. Consistency is everything.
