



Your Romance Checklist

5 SIMPLE ACTIONS YOU CAN TAKE
TO IMMEDIATELY INCREASE THE LOVE
AND CLOSENESS IN YOUR RELATIONSHIP

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Hello! I'm Dr. Jackie.

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You probably downloaded this because you're desperate to bring the spark back into your relationship. You and your partner used to feel more in love and now you feel like you're living with your annoying roommate.

You might be thinking, "Oh, this is just what happens when you're together for these many years," but I'm here to tell you, that isn't accurate.

What I'm going to share with you in the next few pages will guide you to take daily action so you and your partner can rekindle your romance in a short time.

Even though you've been together forever, and the ease and the yumminess seems to have taken a back seat to the "doing" in your day to day life, the spark is still there and can be re-kindled with the right support.

As a relationship expert, marriage educator, and board-certified coach to couples, I have a very different approach to helping you reignite that spark and bring back the closeness you miss so much.

I've worked with more than 1000 couples in 8 countries for almost four decades. My clients deepen their love, restore their closeness, and feel cherished and safe in each other's arms once again, no matter what happened that caused them to be disconnected.

Whether you're newly in love or decades into marriage, there are simple and powerful actions you can take every day to increase your connection and keep your love strong.

Let's get into it and let this be your first step back to a relationship that feels like home.

DAILY ROMANCE CHECKLIST

1

When was the last time you gave your partner a big bear hug? Was it yesterday? Was it last week? Or can you not remember?

Intentionally taking a moment to physically connect with you partner several times every day, for a moment, will make a noticeable difference. **These are really just moments.**

If you're reading this, you might be thinking "I don't feel like giving them a hug right now!" When the distance between you has deepened over time, feeling this way is completely understandable.

If you wait to feel like you want to connect physically before you connect physically, it may never happen. **Thoughts proceed feelings.**

Start by intentionally thinking a new thought. This thought might be:

- "I want to be in this relationship and I want to feel special."
- "I'm staying in this relationship and taking the actions that will get me what I want."
- "I'm taking responsibility for my part of making this relationship great."

If you're not ready to give your partner a big bear hug or a deep kiss, consider a few alternatives:

- Give them a love pat or quick, light rub on their shoulder or upper arm.
- Give them a soft kiss on their forehead or on the top of their head as you walk through the room.
- Give them a soft smile as you pass by them in the kitchen.

Make no mistake, these are still meaningful actions that will result in deepening your connection.

You've got this!

ACTION: In the next 24-hours create several moments of physical connection with your partner. Be creative. Have fun with this.

You're creating moments of joy for yourself and for your partner!

DAILY ROMANCE CHECKLIST

2 Have you ever considered doing something to create closeness with your partner, every day?

Think of this as a simple, daily ritual that keeps your connection flowing. **It's your quiet anchor in the everyday rush.**

These are ordinary, everyday things you and your partner already do in your daily lives, with a slight spin.

The spin is that now you will do it together. Now, you are intentionally doing something together for a few minutes, every day (**these are device free times**).

Here are some examples of what I'm suggesting:

- Have coffee together (bring your partner coffee or meet on the back porch with your coffees).
- Walk the dog even if the dog doesn't need another walk.
- If your partner cooks and you clean up, hang out in the kitchen while they're cooking, and vice versa, rather than going off and doing your own thing.

ACTION: In the next 24-hours chat about this with your partner and brainstorm some things you can do together to co-create your daily ritual. This is a time to simply be together and enjoy each other's company.

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“It's true – it feels like we're on our honeymoon every day.”

We are both stronger individually and now we're prepared as a couple for whatever comes our way. I wasn't sure it was possible, but it's true – it feels like we're on our honeymoon everyday. We thank you, Dr. Jackie.

~ Brad and Joanne M.

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DAILY ROMANCE CHECKLIST

3 How often do you and your partner tell each other that you matter to each other?

Sharing with your partner how much they mean to you, every day, is an important action that deepens your connection.

You want to send your partner the unmistakable message that you see them and they matter to you, and you want to do that **at least one time every day**.

Here are some surefire ways to send this message:

- "What can I do or say now to let you how much you matter to me?"
- "I'm so happy you're home, I've missed you."
- Greet them with enthusiasm and excitement when they get home.

ACTION: In the next 24-hours chat about this with your partner and brainstorm some things you would love to hear from each other.

"What we learned and how we have both changed is more than sticking."

I wasn't too sure about a Zoom marriage coaching experience, but your personal guidance and loving presence on Zoom calls was exactly right for us. We'd been through marriage counseling several times over the years, but marriage counseling never did stick. In a short time, we were back to fighting, hurting each other and worried about our future. You guided us to replace the old ways we were showing up with each other with sacred repair tools and connection rituals that are more than sticking and have become the framework of how we relate with each other, everyday.

~ Sue and Aaron H.

DAILY ROMANCE CHECKLIST

4

When was the last time you gave your partner a little surprise?

Little surprises pack a huge wallop.

When you surprise your partner everyday with a little something, it impacts your connection more than you could ever imagine.

Thoughtful, sweet little surprises out of nowhere and for no reason at all will make a gigantic, positive impact on your partner, and on your closeness.

Small acts of kindness and generosity increase partner satisfaction, exponentially!

Here are some examples:

- Make breakfast for the kids so she can sleep in.
- Take on something from the "to-do list" that's typically theirs to do.
- Hide a special note in their car, gym bag, or purse or leave a sweet voice message.
- Head out with the kids so your partner can enjoy a quiet moment to themselves.
- Bring home flowers, their favorite ice cream or go-to take-out food.

You get the idea.

ACTION: In the next 24 hours, think of some things that would make your partner feel seen and cared for, and make that surprise their reality.
No announcement. Just quiet intention.

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"I think about what we almost lost because we were both so hurt and angry."

I had to be talked into the first meeting with Dr. Jackie, but at the end of the day, what an amazing experience. We continue to do our couples work with her on a regular basis. Why would we ever try to do this alone?!?! Working with her changed us and our marriage. I cringe when I think about what we almost lost.

Dennis M. and Robert A.

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DAILY ROMANCE CHECKLIST

5

Don't Do It Alone

What might shift in your relationship if I guided you and your partner back to the closeness and yumminess that you miss, instead of trying to fix everything on your own?

Most successful couples don't try to figure it out alone.

They get support from a relationship professional who is specifically trained and experienced to guide them to the extraordinary relationship that is possible.

Even a good relationship needs guidance. Sometimes, you're both too close to the pattern to see your way out. That's when a skilled third party can help revive your connection.

Support doesn't mean something's wrong — it means you're committed to making things even better.

I would love to support you so that the small things don't become big problems, and the big problems don't become catastrophic.

ACTION: If you've hit a recurring issue, or feel disconnected and don't know how to shift it — reach out. Let's Talk. Investing in marriage coaching can turn your frayed connection into one that's secure, joyful, and lasting.

MARRIAGE COACHING WORKS

If this resonates and you feel the quiet knowing that it may be time to stop postponing what's calling you forward, I want to invite you into a conversation with me.

Each month, I open a limited number of private conversations where we take a thoughtful look at what's working, what feels hard, and what you wish were different.

These conversations are by application, and I personally review each one. If it feels like the right moment for you and your partner, I would love to meet you.

If you would like one...

[Your Application Is Here!](#)

I don't work with every couple. I work with the ones who are still all in — and want a relationship that feels rich, not just functional.

My private programs are for couples who don't need fixing — just the right way forward. If you're ready, so am I. Let's talk.



[Main Website](#)