



BONUS 1

The 14-DAY QUIET REPAIR Tracker

Small steps. Daily connection. Lasting change.

14 DAYS TO A CLOSER, STRONGER MARRIAGE

DAILY FOCUS		DAYS													
		1	2	3	4	5	6	7	8	10	11	12	13	14	
	Notice the Moment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Make a Small Bid	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Share a Meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Have a Real Conversation	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Show Appreciation	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Be Present	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	Connect Deeply	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

Love is not found in grand gestures,
but in small moments of connection.



14 DAYS
OF PURPOSEFUL
CONNECTION

The 14-Day Quiet Repair Tracker

A Note Before You Begin

This tracker isn't homework. It's a mirror.

You don't need perfect handwriting, long answers, or motivational quotes in the margins.

Two or three honest words a day is enough.

The goal is simple: by Day 14, you'll be able to look back and actually see what changed - instead of relying on a feeling that might fade by next week.

Keep this somewhere private. In your bag, under your pillow, in a notes app if you'd rather type. This is for your eyes first.

One more thing - don't skip a day and quit. If you miss a day, just pick back up the next one. A missed day doesn't undo the ones before it.

How to Use This Tracker

Each day has four simple things to fill in:

1. What ritual I did today (leave blank on Days 1–3 and 11–14 — those days aren't about doing yet)
2. One bid I noticed - from him, or from you
3. Turned toward, or turned away?
4. One-line note - anything you want to remember about today

That's it. No essays required.

Phase One: Notice (Days 1–3)

Before you do anything differently, just watch. Don't judge what you see — just record it.

DAY 1 - Ritual done: (just noticing today) One bid I noticed:

_____ Turned toward / Turned away:
_____ Note: _____

DAY 2 - Ritual done: (just noticing today) One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 3 - Ritual done: (just noticing today) One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

End of Phase One - quick check-in: Looking back at these three days, what surprised you most? _____

Phase Two: Small Acts (Days 4–10)

Now you start reaching. Small, consistent, low-pressure. Pick the ritual for the day, then notice how it lands.

DAY 4 - Phone-Free Meal Ritual done: ☐ Yes ☐ No One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 5 - Ten-Minute Walk Ritual done: ☐ Yes ☐ No One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 6 - One Real Question Ritual done: ☐ Yes ☐ No One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 7 - The Small Touch (×3) Ritual done: ☐ Yes ☐ No One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 8 - Turning Toward His Bid Ritual done: ☐ Yes ☐ No One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

DAY 9 - The Specific Appreciation Ritual done: ☐ Yes ☐ No One bid I

noticed: _____ Turned toward / Turned away:

_____ Note: _____

DAY 10 - Repeat Your Favourite: Which ritual are you repeating today?

_____ One bid I noticed:

_____ Turned toward / Turned away:

_____ Note: _____

End of Phase Two - quick check-in: Which ritual felt most natural?

_____ Has anything shifted in how he's responding to
you? _____

Phase Three: Naming It (Days 11–14)

This stretch isn't about doing more rituals — it's about preparing for, and having, the conversation.

DAY 11 - Preparing: How are you feeling about having "the conversation"?

_____ One bid I noticed today:

_____ Note: _____

DAY 12 - Preparing: Which opening line from Chapter 6 feels most like you?

_____ One bid I noticed today:

_____ Note: _____

DAY 13 - Preparing: Is there a specific moment (a walk, a quiet evening) that might be right for the conversation? _____ One bid I noticed today: _____ Note: _____

DAY 14 - Naming It: Did you have the conversation? ☐ Yes ☐ Not yet If yes — how did it go, in a few honest words: _____ If not yet - what's holding you back, and when will you try? _____

Looking Back: Your 14 Days

Before you decide anything about what comes next, sit with these three questions: What changed that you can point to - not a feeling, but something you can actually name?

Which day surprised you the most, and why?

What's one small act from these 14 days you want to keep doing, indefinitely?

After Day 14

The Quiet Repair doesn't end here - it just moves into maintenance mode. Come back to this tracker any time you feel the quiet creeping back in. Three days of noticing is often all it takes to catch it early, the second time around.

Keep this somewhere you'll see it. You've already done the hard part - you looked closely enough to notice, and you tried something different because of it. That matters more than you think.
