Weekly Couples Council

A private weekly check-in for equal partners.



Talk about what matters before the week starts talking for you.

Type into the fields or print and write by hand.

Before You Begin

A short pattern for counseling together.

1. Protect the Time

Meet privately at a consistent time with devices put away.

2. Begin with Prayer

Invite the Lord to help you listen, understand, and unite.

3. Start with Appreciation

Say what you noticed and valued in each other this week.

4. Listen Before Solving

Make room for both perspectives before choosing a response.

5. Counsel as Equal Partners

Review your marriage, children, home, finances, and week together.

6. Leave United

Record the plan, choose follow-up, and close with prayer.

Based on the family council pattern taught by Elder M. Russell Ballard, April 2016 General Conference.

Weekly Couples Council

Connection first, then logistics.

WHAT I APPRECIATED ABOUT YOU

HOW WE ARE DOING

What felt connecting? What needs attention or repair?

WHAT EACH OF US NEEDS

Spiritual, emotional, physical, practical, or personal support.

OUR CHILDREN AND FAMILY MEMBERS

Who needs extra attention, encouragement, structure, or follow-up?

Our Shared Plan

Make the decisions together and leave knowing the next step.

CALENDAR AND FAMILY SCHEDULE

HOME, WORK, AND RESPONSIBILITIES

FINANCES AND UPCOMING NEEDS

DECISIONS AND ASSIGNMENTS

Who is doing what, and when will we check back?

TIME TOGETHER THIS WEEK

CLOSING PRAYER AND WHAT WE WANT TO REMEMBER