

The Weekly Huddle

Twenty minutes, once a week, to look at how things are really going, before small things turn into big ones.

BEFORE YOU START

- Same night every week
- Phones away
- 20 minutes, then stop
- One topic, not a list
- If it heats up, pause 20 minutes
- During the week, save things for the Huddle

1 Look at the week about 3 minutes

- Each of you: one word for how the week felt.
- What went well? Which day was hardest, and what happened?
- Did last week's decision happen? If not, what got in the way?

2 Celebrate about 4 minutes

- Name one thing the other did this week that you appreciated. Be specific: what they did, and what it meant to you.
- What effort of theirs did you notice but never mention?

3 Talk about one thing about 7 minutes

- Pick one: something that bugged one of you, a decision coming up, or something you'd like more of.
- Whoever raised it goes first, without interruption. The other says back what they heard before answering.
- Ask: "What were you trying to protect?" End by saying one decision out loud.

4 Set next week about 4 minutes

- One area to focus on: the two of you, money, health, growth, or faith.
- Two or three small goals, at least one together. Each of you: one thing you'll do on your own for the other.

5 Commit about 2 minutes

- Read the goals out loud. Each of you says "I'm in."
- Couples of faith: close by praying one sentence over each other's week.

BUSY WEEK? THE 10-MINUTE HUDDLE

One word each, one thank-you each, then set next week (or keep last week's goals) and commit.

YOUR FIRST ONE

It'll feel a little awkward. Keep it short, end on time, and do it again next week. The second is easier.

Want help keeping it going? The R.O.S. app gathers your week, walks you through each step with a clock, keeps next week's goals on both of your phones, and reminds you both on Huddle night. Free to start: rosplatform.app

Every question and tips: rosplatform.app/huddle | R.O.S. isn't therapy. In danger? Call 911, 1-800-799-7233 or 988. | © 2026 RMC Capital Coaching, LLC