The 1-1-1 Rhythm

Most couples finish a study, feel encouraged, and are back to normal inside a month. Not because they stopped caring — because nothing changed on the calendar.

1 Daily Deposit

One small act of love, every day.

1 Weekly Pivot (Grace Place)

Appreciate, Ask, Listen, Act. One area and one small next step, then switch.

1 Monthly Check-In (Proper Portions)

Review time, energy, responsibilities, and priorities; agree on one adjustment that protects what matters.

Our next small steps

1 Daily Deposit

Something small enough that you'll still do it on a bad day. If it takes more than five minutes, it's too big.

Our daily deposit

1 Weekly Pivot (Grace Place)

One honest conversation a week. This is where Grace Place lives — same five steps, every week, so the hard things get said while they're still small.

When we'll do it

1 Monthly Check-In (Proper Portions)

Use Proper Portions once a month, as teammates rather than opponents. Look at what is on each of your plates: time, energy, responsibilities, and priorities. Agree on one adjustment that protects what matters. Money and calendar conversations can support this review.

When we'll do it