

ELEANOR HAYES

VIP EDITION / 90 DAYS

FEEL LIKE A TEAM AGAIN

THE 90-DAY RELATIONSHIP WORKBOOK

A guided journey from emotional distance toward
deeper connection, one conversation at a time.



TWO HEARTS. ONE TEAM.

How to use the VIP set

Choose your own pace. You can skip any exercise; a sincere conversation should never feel like an obligation.

01 START WITH THE BASICS

The first sections help you better understand care languages, personal boundaries, and important needs.

02 FOLLOW THE 90-DAY JOURNEY

Choose one theme each week, complete small practices, and note your discoveries.

03 CREATE A FAMILY CODE

Agreements are created together: without pressure, judgment, or the obligation to agree on everything.

04 KEEP THE BONUSES

50 conversation cards, 52 date cards, and seven guided lessons are included as separate VIP Collection downloads.

05 SAVE YOUR ANSWERS

On your device, use a PDF app that supports forms, such as Adobe Acrobat Reader.

Important: If there are threats, coercion, or violence, safety comes first. These exercises do not replace professional support.

OVERVIEW

CHECK-IN

LOVE

REVIEW

BUDGET

30 DAYS

BOUNDARY

CAPSULE

SOS

BALANCE

HEART

Q&A

DATES

GAME

5 TALKS

VIP START

90 DAYS

RESULTS

CODE

SOS+

BONUSES

01 / WEEKLY CONNECTION

Weekly couple check-in

Regular short conversations without distractions help you stay in sync and reduce discomfort early.

EMOTIONAL BATTERY

Mark your current energy level (from 1 to 5).

☐	☐	☐	☐	☐
1	2	3	4	5

01

What do I appreciate and thank you for this week?

Recall specific actions and moments of care.

02

What caused difficulty or tiredness for me?

Describe your feelings using "I" statements, without blame.

03

What support is needed next week?

Task-sharing, time to rest, and communication.

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01 / 30 DAYS OF CARE

30-day challenge

Try one small action each day. Mark your progress and notice which habits bring you closer.

DAY 01 Sincere compliment ☐	DAY 02 20-second hug ☐	DAY 03 Coffee or tea for two ☐	DAY 04 15 minutes without screens ☐	DAY 05 Words of gratitude ☐	DAY 06 Walk together ☐
DAY 07 Mini surprise ☐	DAY 08 Ask about feelings ☐	DAY 09 Help with chores ☐	DAY 10 Recall your first meeting ☐	DAY 11 Warm little note ☐	DAY 12 Gentle hand massage ☐
DAY 13 Shared breakfast ☐	DAY 14 Plan the weekend ☐	DAY 15 Celebrate our halfway point ☐	DAY 16 Favorite song together ☐	DAY 17 Listen with attention ☐	DAY 18 Bedtime kindness ☐
DAY 19 Smile when we meet ☐	DAY 20 Flirty text ☐	DAY 21 Shared tea ritual ☐	DAY 22 Support a difficult task ☐	DAY 23 Evening without news ☐	DAY 24 Funny meme or joke ☐
DAY 25 Dream about the future ☐	DAY 26 Take a task off their plate ☐	DAY 27 Hold hands ☐	DAY 28 Say I love you ☐	DAY 29 Month-end reflection ☐	DAY 30 Celebration date ☐

Main discovery after 30 days of the challenge

What changed in our atmosphere? Which habits do we keep?

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30 questions for deep conversation

Choose one question per day or several each week. Take turns answering, without judging or interrupting; mark the questions you have discussed.

"The quality of your life is determined by the quality of the questions you ask yourself."

— Tony Robbins

WARMTH & MEMORIES

01 / 03

- | | | |
|----|---|--------------------------|
| 01 | Which memory of us still makes you smile? | ☐ |
| 02 | When did you first feel close to me? | ☐ |
| 03 | Which action of mine warmed your heart most recently? | ☐ |
| 04 | Which of our little rituals would you like to keep? | ☐ |
| 05 | What have we already learned from each other? | ☐ |

TRUST & SUPPORT

02 / 03

- | | | |
|----|--|--------------------------|
| 06 | What helps you feel safe with me? | ☐ |
| 07 | How can I support you when you have a hard day? | ☐ |
| 08 | What is hard for you to ask me for right now? | ☐ |
| 09 | In which moments do you feel that I truly listen? | ☐ |
| 10 | Which sign of care matters more to you than it may seem? | ☐ |

FUTURE & DREAMS

03 / 03

- | | | |
|----|---|--------------------------|
| 11 | Which shared dream inspires you most? | ☐ |
| 12 | How do we want to spend more time together a year from now? | ☐ |
| 13 | What new skill or experience could we try together? | ☐ |
| 14 | What family traditions do we want to create? | ☐ |
| 15 | What would make our next month special? | ☐ |

WHAT NEW THING DID WE LEARN ABOUT EACH OTHER TODAY?

QUESTIONS 16-30 →

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