

# Couples' Goals Setting Worksheets

## 1. Strengths of Our Relationship:

Identify and list the strengths of your relationship. Consider communication, emotional support, shared interests, and other areas where you excel as a couple.

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## 2. Areas for Growth:

Discuss areas where you believe your relationship could benefit from improvement or further development.

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## 3. Short-Term Goals (Next 3-6 months):

Outline goals you can achieve in the short term that will bring you closer and enhance your relationship.

- Short-Term Goal 1:

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- Action Steps:

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#### **4. Long-Term Goals (1 year and beyond):**

Define long-term aspirations for your relationship. Consider areas such as emotional connection, financial stability, family planning, and personal growth.

- Long-Term Goal 1:

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- Action Steps:

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#### **5. Individual Goals:**

Each partner should list their personal goals and discuss how these aspirations support or impact the relationship.

- Partner 1's Goal:

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- Partner 2's Goal:

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**6. Anticipated Challenges:**

Identify potential obstacles to achieving your goals and discuss strategies for overcoming them.

- Challenge 1:

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- Strategy for Overcoming:

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**7. Supporting Each Other:**

Outline how you will support each other in achieving both individual and shared goals.

- Support for Partner 1:

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- Support for Partner 2:

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### **8. Accountability Plan:**

Create a plan for how you will hold each other accountable and regularly review progress towards your goals.

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### **9. Celebrating Successes:**

Plan how you will celebrate achievements, both big and small, to maintain motivation and strengthen your bond.

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