



## Couples Goal Sheet

*“Partnership with purpose — building connection, clarity, and commitment.”*

### Part 1: Reflection as a Couple

**Our wins from this year (big or small):**

- 1.
- 2.
- 3.

**Hardest challenges or patterns we noticed:**

**What we want to leave behind as a couple:**

### Part 2: Relationship Goals for Next Year

**Our Theme or Word for Our Relationship This Year:**

#### Top 3 Relationship Goals

Goal	Why It Matters	Action Steps	Support Needed	Target Date
1				
2				
3				



### **Part 3: Communication & Connection Plan**

#### **How We Will Communicate More Intentionally:**

- Practice repair attempts: \_\_\_\_\_
- Reduce unhelpful patterns (defensiveness, withdrawal, escalation): \_\_\_\_\_
- Weekly check-in plan (day/time): \_\_\_\_\_

#### **How We Will Deepen Connection:**

- Weekly connection rituals: \_\_\_\_\_
- Monthly date experiences: \_\_\_\_\_
- Yearly retreat/intentional getaway: \_\_\_\_\_

### **Part 4: Individual Growth Within the Relationship**

#### **Partner 1:**

- Personal focus area for Next Year: \_\_\_\_\_
- How I will show up differently: \_\_\_\_\_

#### **Partner 2:**

- Personal focus area for Next Year: \_\_\_\_\_
- How I will show up differently: \_\_\_\_\_



## **Part 5: Family, Household & Financial Goals**

**Shared goals we want to accomplish this year:**

**Systems/Routines we want to improve (communication, calendar, budget, chores, parenting):**

## **Part 6: Our Commitment for Next Year**

**Our Relationship Intention Statement:**

**How We Will Repair Quickly After Conflict:**

**Quarterly Relationship Check-Ins:**

- Q1: \_\_\_\_\_
- Q2: \_\_\_\_\_
- Q3: \_\_\_\_\_
- Q4: \_\_\_\_\_

**Couple Signature Lines**

Partner 1: \_\_\_\_\_ Date: \_\_\_\_\_

Partner 2: \_\_\_\_\_ Date: \_\_\_\_\_