



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: _____