

Our Relationship Vision

Define your shared goals and dreams together

Instructions:

Complete this worksheet together. Take turns sharing your thoughts and listen without judgment. The goal is to create a shared vision for your relationship.

1. Where do we see ourselves in 5 years?

- Career/Work:

- Home/Location:

- Family:

- Personal Growth:

2. What does our ideal life together look like in 10 years?

3. What are our top 3 shared relationship goals for this year?

a.

b.

c.

4. What kind of partnership do we want to build?

5. What experiences do we want to share together?

Action Steps:

- Schedule a monthly 'Vision Check-In' to review and update your goals
- Create a vision board together based on your answers
- Identify one concrete action you can take this week toward your shared vision

Values Alignment

Discover what matters most to each of you

Instructions:

First, complete this individually. Then share your answers and discuss areas of alignment and difference.

Part 1: Individual Reflection

Rank your top 5 core values from the list below (1 = most important):

Value	Your Rank	Partner's Rank
Family		
Career Success		
Financial Security		
Adventure/Travel		
Health/Fitness		
Spirituality/Faith		
Creativity		
Education/Learning		
Community Service		
Independence		
Tradition		
Personal Growth		

Part 2: Discussion Questions

1. Which values do we share most strongly?
2. Where do our values differ? How can we honor both perspectives?

3. How do our values show up in our daily life together?

4. Are we living according to our values? What needs to change?

Action Steps:

- Identify one shared value to focus on this month
- Create a ritual or practice that honors your top shared value

Boundaries Builder

Create clear, healthy boundaries

Instructions:

Healthy boundaries protect your relationship and honor both partners' needs. Complete this together with open communication.

Part 1: Personal Boundaries

Time & Space

- How much alone time does each person need?
- What are our expectations for checking in when apart?
- How do we handle time with friends separately?

Communication

- What topics are off-limits during arguments?
- How do we handle criticism or feedback?
- What's our policy on discussing our relationship with others?

Physical Intimacy

- How do we communicate when we're not in the mood?
- What are our boundaries around affection in public?
- How do we respect each other's physical space?

Technology & Privacy

- What are our boundaries around phones and social media?
- Do we share passwords? What level of privacy do we need?
- How do we handle phone time during quality time together?

Part 2: Our Boundary Agreement

Based on your discussion, write your top 5 relationship boundaries:

1.

2.

3.

4.

5.

Action Steps:

- Review these boundaries monthly
- Create a safe word or signal for when boundaries are crossed
- Practice saying 'no' lovingly when you need to enforce a boundary

Appreciation Journal

Daily gratitude practice for couples

Why This Matters:

Research shows that expressing appreciation strengthens relationships. This 30-day journal helps you notice and celebrate the small things your partner does.

Instructions:

Each day, write one thing you appreciate about your partner. Share it with them at the end of the week.

Week 1

Day 1: Today I appreciate...

Day 2: Today I appreciate...

Day 3: Today I appreciate...

Day 4: Today I appreciate...

Day 5: Today I appreciate...

Day 6: Today I appreciate...

Day 7: Today I appreciate...

Week 2

Day 8: Today I appreciate...

Day 9: Today I appreciate...

Day 10: Today I appreciate...

Day 11: Today I appreciate...

Day 12: Today I appreciate...

Day 13: Today I appreciate...

Day 14: Today I appreciate...

Week 3

Day 15: Today I appreciate...

Day 16: Today I appreciate...

Day 17: Today I appreciate...

Day 18: Today I appreciate...

Day 19: Today I appreciate...

Day 20: Today I appreciate...

Day 21: Today I appreciate...

Week 4

Day 22: Today I appreciate...

Day 23: Today I appreciate...

Day 24: Today I appreciate...

Day 25: Today I appreciate...

Day 26: Today I appreciate...

Day 27: Today I appreciate...

Day 28: Today I appreciate...

Reflection:

After 30 days, what patterns do you notice?

How has this practice affected your relationship?

What will you continue doing?

Conflict Patterns

Identify and break negative cycles

Instructions:

Most couples fall into predictable conflict patterns. Identifying your pattern is the first step to changing it.

Part 1: Identify Your Pattern

Check which pattern(s) you recognize in your relationship:

- **Pursue-Withdraw:** One partner pushes for resolution while the other shuts down or leaves
- **Attack-Defend:** One criticizes, the other gets defensive and counterattacks
- **Blame Game:** Both partners focus on whose fault it is rather than solving the problem
- **Silent Treatment:** One or both stop communicating when upset
- **Escalation:** Small disagreements quickly become big fights

Part 2: Analyze a Recent Conflict

What triggered the conflict?

What did each person do/say?

What emotions were underneath the conflict?

What pattern did you fall into?

What was each person really needing?

Part 3: Create a New Pattern

Design a healthier way to handle conflict:

When conflict starts, we will:

Our timeout signal will be:

During a timeout, each person agrees to:

We will reconvene to discuss within:

Our ground rules for fair fighting:

- 1.
- 2.
- 3.
- 4.
- 5.

Action Steps:

- Practice your new pattern during a calm moment
- Review this worksheet after your next conflict
- Celebrate when you successfully break the old pattern

Intimacy Inventory

Assess emotional and physical connection

Instructions:

Rate each area from 1-10 (1 = needs work, 10 = excellent). Complete individually, then share.

Emotional Intimacy

Statement	Your Score	Partner's Score
I feel comfortable being vulnerable		
My partner knows my deepest fears and dreams		
We share our feelings regularly		
I feel emotionally safe with my partner		

Physical Intimacy

Statement	Your Score	Partner's Score
Our physical connection feels satisfying		
We're open about our physical needs		
Non-sexual touch is frequent and meaningful		
We make physical intimacy a priority		

Intellectual Intimacy

Statement	Your Score	Partner's Score
We have stimulating conversations		
We respect each other's opinions		
We learn new things together		
We challenge each other's thinking		

Recreational Intimacy

Statement	Your Score	Partner's Score
We have fun together		
We share hobbies or activities		
We laugh together regularly		
We create new experiences together		

Discussion Questions:

1. Which area of intimacy is strongest in our relationship?
2. Which area needs the most attention?
3. What specific actions can we take to improve our lowest-scoring area?
4. What gets in the way of intimacy for us?

Action Steps:

- Choose one area to focus on this month
- Schedule intimacy-building activities weekly
- Retake this inventory in 3 months to track progress

Life Goals Planner

Align your future plans together

Instructions:

Create a roadmap for your shared future across major life areas.

Career & Work

Where do we see our careers in 5 years?

How do we balance two careers?

What career sacrifices are we willing to make for each other?

Goals:

Home & Living

Where do we want to live long-term?

Rent or own? City or suburbs?

What does our dream home look like?

Goals:

Family Planning

Do we want children? If so, when and how many?

How will we handle childcare and parenting?

What about extended family involvement?

Goals:

Financial Goals

What are our major financial goals (house, retirement, etc.)?

How much do we need to save?

What's our timeline?

Goals:

Health & Wellness

What health goals do we have individually and together?

How will we support each other's wellness?

What lifestyle changes do we want to make?

Goals:

Adventures & Experiences

What do we want to experience together?

Where do we want to travel?

What's on our bucket list?

Goals:

Our Top 3 Priorities This Year:

1.

2.

3.

Action Steps:

- Create a timeline for your major goals
- Identify what resources you need (money, time, skills)
- Review and update this plan annually

Weekly Date Planning

Keep romance alive systematically

Why Weekly Dates Matter:

Regular dates strengthen your bond, create positive memories, and prioritize your relationship. This planner helps you stay consistent.

Date Night Ideas by Category:

Stay-at-Home Dates:

Cook together, Game night, Movie marathon, Massage exchange, Build something together

Active Dates:

Hike, Bike ride, Dance class, Rock climbing, Sports together

Cultural Dates:

Museum, Concert, Theater, Art gallery, Poetry reading

Adventure Dates:

Road trip, Try new restaurant, Escape room, Explore new neighborhood, Spontaneous adventure

Intimate Dates:

Sunset watching, Stargazing, Couples spa, Romantic dinner, Beach walk

12-Week Date Planner:

Week	Date Idea	Who's Planning?	Date/Time	✓
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				
Week 12				

Date Night Rules:

- No phones (unless taking photos together)
- Take turns planning to share the responsibility
- Try something new at least once a month
- Focus on connection, not perfection
- Protect your date night like an important meeting

Trust Rebuilding

Steps to restore trust after hurt

Important Note:

Rebuilding trust takes time, consistency, and often professional help. This worksheet is a starting point, not a substitute for therapy if needed.

Phase 1: Acknowledgment

For the person who broke trust:

What specifically did I do that broke trust?

What impact did my actions have on my partner?

What was I thinking/feeling at the time?

What do I need to take full responsibility for?

Phase 2: Understanding Impact

For the person who was hurt:

How has this affected me emotionally?

What do I need from my partner to feel safe again?

What are my fears about moving forward?

What would rebuilding trust look like for me?

Phase 3: Rebuilding Agreement

Complete together:

New boundaries we're establishing:

Concrete actions to rebuild trust:

How we'll handle setbacks:

Our check-in schedule:

Phase 4: Progress Tracking

Date	Progress Made	Challenges	Next Steps

Remember:

- Trust is rebuilt through consistent actions over time
- Both partners must be committed to the process
- Consider working with a couples therapist
- Celebrate small wins along the way

Annual Relationship Review

Reflect and set new goals

Instructions:

Set aside 2-3 hours for this review. Make it special - light candles, have good food, create a comfortable space.

Part 1: Looking Back

What were our biggest relationship wins this year?

What challenges did we overcome together?

What did we learn about each other?

What did we learn about ourselves?

What are we most grateful for from this past year?

Part 2: Rate Your Relationship

Rate each area from 1-10:

Area	Last Year	This Year	Change
Communication			
Trust & Security			
Intimacy & Connection			
Conflict Resolution			
Shared Vision			
Quality Time Together			
Support for Each Other			
Fun & Adventure			
Financial Partnership			
Overall Relationship Satisfaction			

Part 3: Looking Forward

What do we want to accomplish together this year?

What areas of our relationship need the most attention?

What new experiences do we want to have?

How can we better support each other's individual goals?

What rituals or habits do we want to establish?

Our Top 5 Relationship Goals for This Year:

- 1.
- 2.
- 3.
- 4.
- 5.

Commitment:

We commit to reviewing these goals quarterly and scheduling our next Annual Review on:

Signature: _____ Date: _____

Signature: _____ Date: _____