

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: _____