

# Relationship **BOOTCAMP**



*Jazz up your next date night*  
**with this fun and engaging activity!**



# Relationship Snapshot

## JAZZ UP YOUR NEXT DATE NIGHT WITH THIS FUN AND ENGAGING ACTIVITY!

This is a quick and easy way to get a view of how you're each feeling about your relationship at this moment in time.

Use it to spark rich discussion, celebrate what's going well together, and pinpoint three specific actions you can take now that will make the most difference in your relationship.

OUR GOAL  
IS TO HELP YOUR  
RELATIONSHIP  
THRIVE

Print out two copies of page 6 and page 8—one for you and one for your partner.  
Set aside 20-45 minutes to do this exercise together...and maybe even make it  
into a date night!

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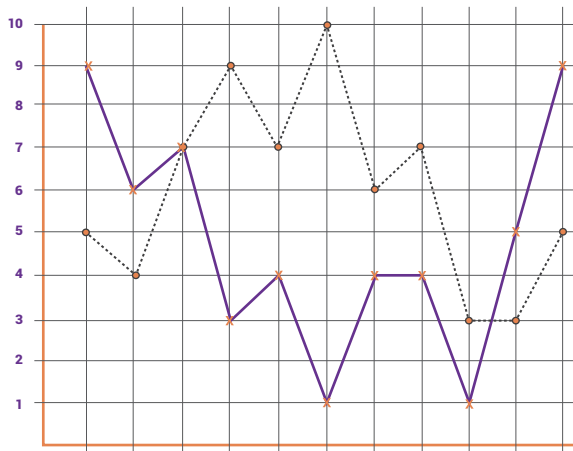
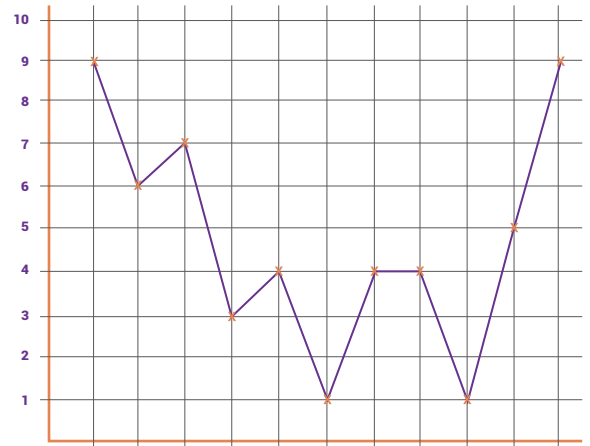


# Instructions



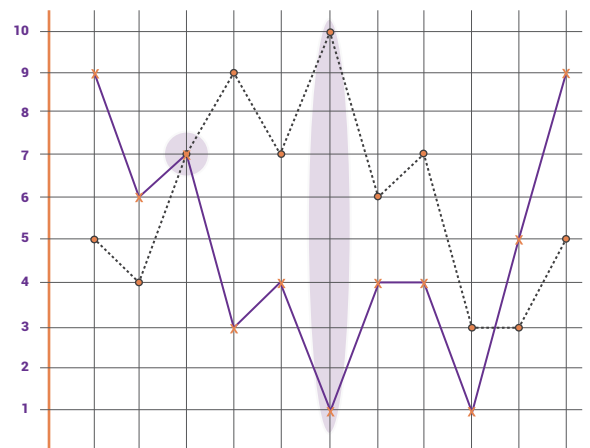
## Step 1

- ♥ Read through each description and mark an 'X' on your graph according to how satisfied you feel with that category.
- ♥ Connect the Xs.



## Step 2

- ♥ Now, make a dot for each category according to how important that category is for you (1 being not important, 10 is very important).
- ♥ Connect the dots.



## Step 3

- ♥ Finally, circle the areas where the X and the dot are quite similar; also circle the areas where the X is quite lower than the dot



# Descriptions

Read through each description and mark an 'X' on your graph according to how satisfied you feel with each category. Then complete steps 2 and 3.



## 1. Emotional Connection

How close do you feel with your partner? Are you comfortable sharing your ups and downs? How about your struggles, fears, and disappointments? Do you feel seen by your partner?



## 2. Physical Connection

Do you share nourishing non-sexual touch like cuddling, holding hands, caressing, playing footsie at the dinner table, spooning, hugging, or standing arm-in-arm?



## 3. Sexual Fulfillment

How do you feel about the frequency & quality of the sex you have together? Do you feel nourished? Connected? Excited? Taken care of? Happy with your sex life?



## 4. Communication

Do you feel like you know each other well? Do you share about your days and your life aspirations regularly? Can you be vulnerable and communicate openly and honestly with your partner? Do you work through conflict well together, staying away from defensiveness and criticism while still talking about the uncomfortable topics?



## 5. Shared Goals & Dreams

Do your current lifestyle choices support the life you want to be living? Do you feel in sync about how you envision life together in the future? Are you excited about the trajectory your life together seems to be on?



## 6. Shared Hobbies

Do you enjoy spending free time together? Are there activities you love doing together where you lose track of time?



## 7. Vacation & Leisure

Do you have a healthy amount of free time where you can decompress and relax? Do you take time out from the hustle & bustle of life to connect and enjoy downtime together?



## 8. Alignment in Children & Parenting

Are you satisfied with your family unit? If you have children, do you feel aligned in your parenting style, discipline, expectations, and engagement with the children?



## 9. Physical Environment

How satisfied are you with your home? Car? Workspace? Closet? Yard? Are they organized or cluttered? Working well or in need of repair? Are the plants, pictures, and decorations to your liking?



## 10. Career

Do you feel on track with your career goals? Do you feel successful and respected in your role? (This can also include being a successful stay-at-home parent or spouse if that's how you are structuring your family.)



## 11. Finances

Are you comfortable with your respective spending habits? Do you spend your money on things that are meaningful to you? Are you comfortable with your cash flow? Are you frequently stressed out about money? Are you happy with how you share or divide the family finances between the two of you?



## 12. Retirement Planning

Do you feel comfortable with how you are planning for your future security? Do you have visibility into your joint assets, insurance policies, will stipulations, savings, and investments?



A man with dark, wavy hair and a beard, wearing a white V-neck shirt and jeans, stands behind a woman with long blonde hair. She is wearing a light blue button-down dress with large white polka dots and a teal watch. They are both looking off to the side with soft expressions. The background is a bright, slightly blurred outdoor setting.

# Descriptions



## 13. Intellectual Stimulation

Do you feel inspired? Are you learning and growing? Are you excited about self-development and how you are evolving as a person?



## 14. Emotional Health

Do you typically have a positive outlook on life, frequently feeling gratitude, optimism, and healthy self-love? Do you struggle with depression, listlessness, emotional numbness, or relational distancing? Are you typically engaged in life or retreating behind work, television, drinking, or fanatic time spent on your hobbies?



## 15. Physical Health

How is your body? Is it working well? Do you eat a proper diet? Get exercise? Have checkups as needed? Struggle with your energy? Get enough rest? Feel affected by a chronic problem?



## 16. Spirituality

Is spirituality important to you? Do you focus on the development and evolution of your inner self? Are you on a path towards progress and enlightenment? Do you have meditative or spiritual practices that enhance your daily or weekly life? Are there podcasts or sermons you listen to that nourish your soul?



## 17. Family

How happy are you with your web of support, both from your immediate family and your extended family?



## 18. Friends

Do you have meaningful friendships and supporters you connect with regularly? Are they quality people who authentically love you and have your back in times of need?



## 19. Passion, Purpose & Contribution

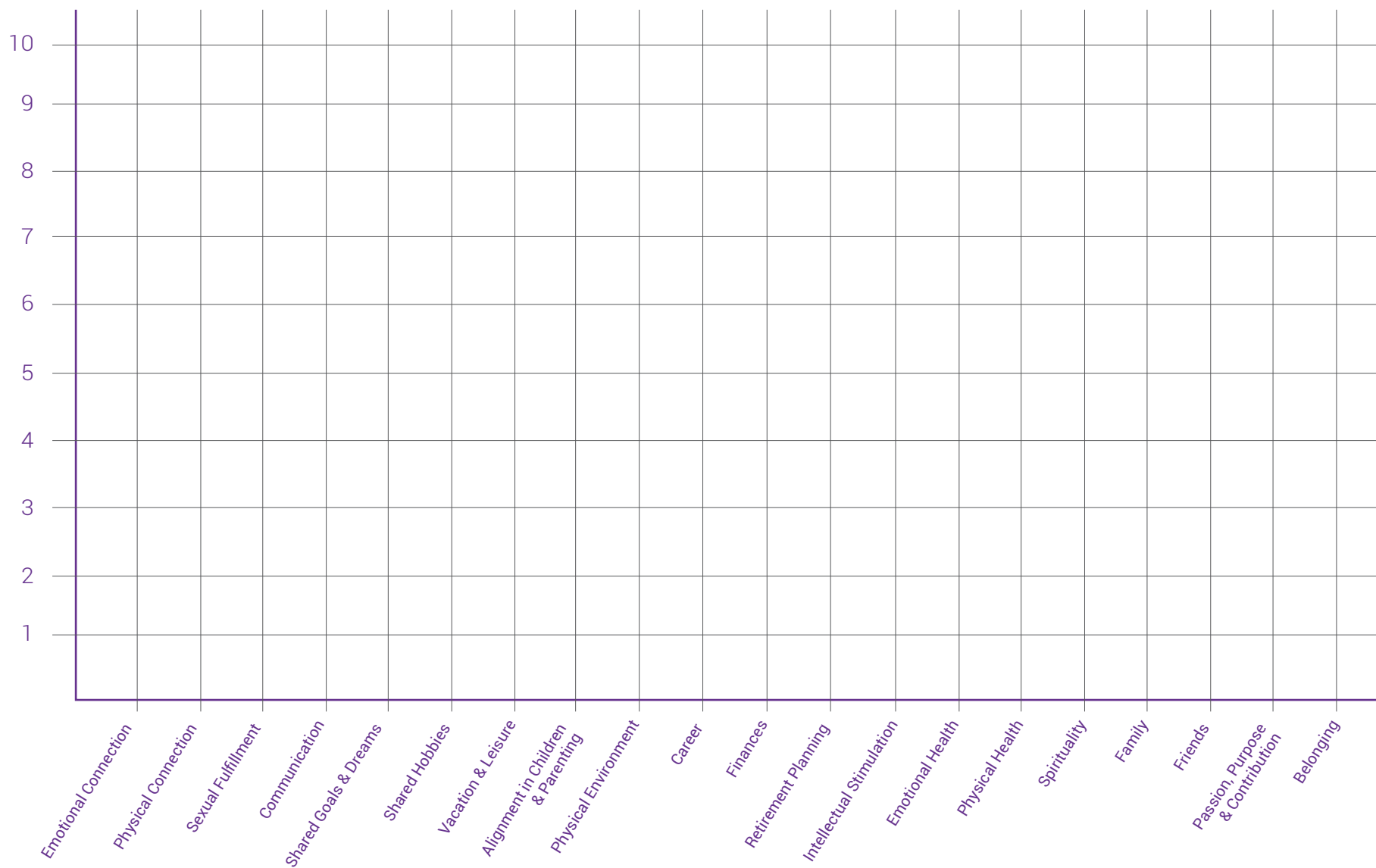
Do you feel like you are using your gifts, talents, and passions to help make our world a better place?



## 20. Belonging

Are you a part of something larger than yourself? Do you have a network of like-minded supporters where you feel included, respected, and appreciated? Do you feel like you belong?

# Relationship Snapshot





# Talking Together

## WONDERFUL JOB!

Now, use the following questions to explore your Snapshots together...

- ♥ What do you notice about your graph and your partner's graph?  
What's similar? What's different?
- ♥ What stands out to you?
- ♥ In which categories do you feel most aligned? (The X and the dot are close together)
  - Share about 5 specific things that are going right in these categories.
- ♥ Which parts of life are really important to you, yet feel unsatisfying right now? (The X has a low score and the dot has a high score)
  - Of these categories, why did you put the X where you did? Why was it not lower? What would make it one point higher?
  - What would need to happen in order for your satisfaction mark be all the way up at the level of your dot?
- ♥ Do you notice any trends in categories 1-7 (relationship-oriented), 8-12 (more 'administrative' categories), or 13-20 (personal growth areas)?

Now that you've explored your snapshots together, decide on one area that would mean the most to improve: this can be one that you both agree on, or you can each choose one thing you'd like to improve on. Talk together about how you can jointly support that happening.

## Set your Focus

What is it that you're deciding to focus on?

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## Tomorrow

What is one specific thing you can each do tomorrow that will move you toward your goal? (Or would at least help to be on the right path towards raising that score!)

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What might get in your way? \_\_\_\_\_

What can you do to mitigate that? \_\_\_\_\_

## This week

What is one specific thing you can do individually or with your partner this week that will move you toward your goal?

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What might get in your way? \_\_\_\_\_

What can you do to mitigate that? \_\_\_\_\_

## This month

What is one specific thing you can do individually or with your partner within the next month that will move you toward your goal?

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What might get in your way? \_\_\_\_\_

What can you do to mitigate that? \_\_\_\_\_





# Congratulations!

**By completing this exercise, you have been able to:**

- ♥ Acknowledge and celebrate what's going right in your life!
- ♥ Identify what area matters most for you to improve.
- ♥ Look at where you are and where you want to be, identifying what would need to happen in order to raise that score toward more fulfillment.
- ♥ Understand more fully how you and your partner are thinking and feeling about the relationship, without getting into details or discussions that might typically create conflict and hurt feelings.
- ♥ Zero-in on the one thing you can do tomorrow, this week, and this month that will make the biggest difference in your relationship.

Recognize that neither person is right or wrong in how they're experiencing things, that differences are natural and inevitable. You can talk about these things in safe, non-aggressive way that does not place blame but allows each person to explore what's true for them.

Remember, this is a snapshot at this moment in time: it may look different today than it would have last month, and it may look different in a week or a year from now. This is a great tool to pull out every anniversary and see how your Relationship Snapshot has changed and what it looks like now!

## Appreciations

To finish up, cuddle together or look each other in the eyes and hold hands. Share with your partner one thing you appreciate about who they are and one thing you appreciate about what it's been like to do this exercise together.

# Relationship **BOOTCAMP**

If you enjoyed this exercise and are hungry for more love, joy and connection but don't want to go to therapy, check out the Relationship Bootcamp at [www.relationshipbootcamp.us](http://www.relationshipbootcamp.us).

The Relationship Bootcamp is a non-threatening, positive-focused couples' enrichment course designed to help you get from where you are to where you want to be.

**OUR GOAL IS  
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THRIVE**

*Enjoy* more intimacy, alignment, communication, understanding, and sexual fulfillment in just a few months!

The Relationship Bootcamp is conducted over video conference and available in private or group formats. The 4-month intensive includes:

- ♥ 10+ hours of interactive training with a certified coach & relationship trainer
- ♥ Concrete tips, tools, and techniques that you can apply again and again as your marriage changes over time
- ♥ Science- and evidence-based curriculum and training
- ♥ Supplemental resources and reading sent digitally after every session to help further your exploration, growth, and nourishment
- ♥ A printed training manual, workbook, and journal to keep you focused and consistent throughout the four months of training
- ♥ Short daily "workouts" to help you build positive perspectives and healthier habits together
- ♥ Guided bi-weekly date nights to help you practice the skills you're learning
- ♥ Specific practices in mindfulness, meditation, tantra, emotional intelligence, conflict resolution, and positive psychology



**When you're feeling connected, everything improves:**  
parenting, time management, sexual intimacy, joy, productivity at work, quality of life, and so much more!

**Your family deserves the best chance for success.**  
Investing in your relationship is one of the best things you can do for your family and for your future!

[www.relationshipbootcamp.us](http://www.relationshipbootcamp.us)