

Chart Your Marriage Course

(Both parties need to fill out this form)

Aimless wandering can be an enjoyable and sometimes profitable activity; however, if you want to accomplish something, you'll probably find that it's best not to count on serendipity to save the day. Pilots are required to file a flight plan before taking off. Lenders require a business plan before they lend money. If you haven't defined goals for your relationship recently, you may find this exercise helpful in getting you started making the changes you are looking for.

Between now and your next session, make a list of 3 things you would like to change in your relationship.

1. _____
2. _____
3. _____

When you are finished with counseling, what do you hope will be different about you and your spouse?

What will be or perhaps has been the first and smallest sign that change is beginning?

When you notice that first change, what can you do to keep the ball rolling?
