**GOAL SETTING FOR COUPLES**

[Your Practice Name Here]

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| **Therapist Name:** | [Therapist Name] |

Setting goals with your partner allows you to strengthen your relationship by identifying areas where you and your partner have common interests and goals. Our goal setting for couple’s worksheet will help you identify what's important to you individually as well as a couple. Directions: Both partners should fill out pages 1 and 2 alone. After completing pages 1 and 2, compare answers to work on completing page 3 together.

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|  | **Personal Goal Idea(s)** | **Relationship Goal Idea(s)** |
| **Financial Goals**  ex: Saving $10,000 per year |  |  |
| **Physical Goals**  ex: Exercise 3 times per week |  |  |
| **Social Goals**  ex: Having friends over once per week |  |  |
| **Spiritual Goals**  ex: Attending church every Sunday |  |  |
| **Enrichment Goals**  ex: Learn how to paint |  |  |
| **Household Goals**  ex: Adding a pool |  |  |
| **Adventure Goals**  ex: Traveling overseas once per year |  |  |