**GOAL SETTING FOR COUPLES**

**Step 1: Reflect and Share**

1. **Reflect on Individual Goals:**

Take time individually to reflect on personal goals in various life domains (e.g., career, family, health, personal development).

1. **Share Individual Goals:**

Each partner shares their individual goals, discussing the reasoning behind them and their significance.

**Step 2: Identify Shared Goals**

1. **Discuss and Brainstorm:**

Together, brainstorm and list goals that you both share or that complement each other's aspirations. Include short-term and long-term goals.

1. **Prioritize Shared Goals:**

Rank the shared goals by importance and feasibility, considering their impact on your relationship and personal growth.

**Step 3: Define SMART Goals**

1. **Specific:**

Clearly articulate what the goal entails and why it matters to both of you.

1. **Measurable:**

Establish how you'll measure progress and when you'll know you've achieved the goal.

1. **Achievable:**

Confirm that the goal is realistic and feasible given your current circumstances and resources.

1. **Relevant:**

Assess if the goal aligns with your values, needs, and aspirations for your relationship.

1. **Time-bound:**

Set a timeline for achieving the goal or specific milestones within a timeframe.

**Step 4: Plan and Take Action**

1. **Break Goals into Actionable Steps:**

Divide each goal into smaller, achievable steps or actions.

1. **Assign Responsibilities:**

Allocate responsibilities based on each partner's strengths, skills, and availability.

1. **Set Deadlines:**

Establish deadlines for each action step to maintain momentum and accountability.

**Step 5: Communication and Progress Tracking**

1. **Regular Check-ins:**

Schedule regular check-ins to discuss progress, challenges, and adjustments to the plan.

1. **Celebrate Milestones:**

Celebrate achieving milestones to acknowledge your joint efforts and motivate each other.

**Step 6: Adapt and Adjust**

1. **Assess and Adapt:**

Periodically review your goals and progress. Adjust goals or action steps as needed based on changing circumstances or priorities.

1. **Reaffirm Commitment:**

Reaffirm your commitment to each other and the goals you've set, emphasizing the importance of achieving them together.