

Couple Goal Setting Worksheet

WHAT DO WE VALUE AS A COUPLE? FOR EXAMPLE, DO WE VALUE HEALTH, FAMILY, GROWTH, ETC.

WHAT HAVE BEEN OUR FAVORITE MEMORIES AS A COUPLE?

BY THE END OF 2024, WHAT EXPERIENCES OR GROWTH WOULD WE LIKE TO HAVE EXPERIENCED AS A COUPLE?

WHAT GOALS CAN WE SET FOR 2024 THAT SPEAK TO OUR VALUES, FAVORITE MEMORIES, AND/OR DESIRES FOR 2024?

Couple Goal Action Plan

MAIN GOAL

DATE

TOP PRIORITY TASKS

- 1.
- 2.
- 3.

ACTION ITEMS FOR THIS WEEK

POTENTIAL OBSTACLES

ACTION ITEMS FOR THIS MONTH

ACTION ITEMS FOR THIS QUARTER

OUR WINS