

# Goal Setting Worksheet for Couples

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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**Instructions:** Set aside dedicated time for you and your partner. Be open, honest, and supportive as you navigate these questions together. Aim to complete the worksheet in one sitting.

Question	_____ 's Response	_____ 's Response
Reflect on a shared accomplishment that brought you joy.		
What are your individual and shared values as a couple?		
Identify one short-term and one long-term goal for your relationship.		
How do you envision your relationship in 5 years?		
Define a financial goal for your future together.		
List three activities you both enjoy and want to prioritize.		
Discuss potential challenges and how you'll overcome them.		
Share personal goals and explore ways to support each other.		
What communication strategies work best for both of you?		
Define roles and responsibilities within your partnership.		
Outline specific actions to enhance intimacy and connection.		