



# Goal Setting

Each individual answer these questions separately. So Print TWO!

## What 5 Things do you want MORE of ??

- 1.
- 2.
- 3.
- 4.
- 5.

## What 5 Things do you need LESS of??

- 1.
- 2.
- 3.
- 4.
- 5.



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Now, come together ready to listen and learn. Each individual read their lists. See if you have any commonalities. See if some are only specific in a personal way.

Create SMART goals as a couple and SMART goals for yourself. See the graphic above or the post for more details on this. Remember, set a specific amount of time. We did 3 months as a time for our first ones.

### Couple Goals

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Personal Goals

4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_

Try not to set more than 5. You want to be successful!

Lastly, answer this for yourself: How can I support my significant other in our goals AND their goals? Be specific.

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