



# LIFE GOALS EXERCISE

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## *BUILDING A BETTER RELATIONSHIP*

### **CULTIVATING GOALS**

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**This activity is aimed to help you create a foundation for tomorrow. Focusing on your future will directly help to keep you and your partner on the right path as you work towards goals.**

**This activity will help you to:**

- Gain a stronger understanding of what you and your partner are doing to nourish the relationship.
- Identify the blueprint to accomplishing goals.
- Identify how to support each other and strengthen the relationship.
- Practice empathy, understanding and support.
- Create a system that promotes consistency and commitment.

#### **FRIENDLY REMINDER**

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**Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.**

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## LIFE GOALS EXERCISE

### BUILDING A BETTER RELATIONSHIP

## Getting started

The Life Goals exercise consists of the following rules.

- Meet for a 45 minute time period each month. During the set time, you and your partner will explore questions and concerns aimed to improve the relationship and solidify your bond.
- Meeting place should be distraction free.
- Explore the questions in-depth.
- Consistency is vital.

**As you complete the goals take time to explore the following:**

- How do our goals align?
- How can we help each other?
- What do we need to do to accomplish the goal?
- Is my partner included in the goal?
- How does pursuing the goal impact me?
- How do the goals align with my purpose in life?

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## LIFE GOALS EXERCISE

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Life goals can, if we allow them, become a chain that connects two people. Use the goals exercise listed to build and strengthen your relationship by discussing the plan for each goal in detail. As your relationship grows, revisit this activity every 6 months or as needed.

### INDIVIDUAL GOALS

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Complete the individual life goals that each of you have for yourself. Examples include: *become partner at my firm, travel to China, run a marathon...*

PARTNER A	
INDIVIDUAL GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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**LIFE GOALS EXERCISE**  
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PARTNER B	
INDIVIDUAL GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**MUTUAL GOALS**

Complete the mutual goals that the two of you share. Take time to discuss each goal. Examples include: *be home by 5 PM, have dinner together, travel to Africa...*

PARTNER A	
MUTUAL GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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PARTNER B	
MUTUAL GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**OTHER GOALS**

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**Below are other goals that may impact your relationship. Explore each in the same manner as those above.**

PARTNER A	
CAREER GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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PARTNER A	
PARENTING GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

PARTNER B	
CAREER GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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PARTNER B	
PARENTING GOALS	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**FRIENDLY REMINDER**

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