

Goal Planning Guide

How Are We Doing As a Couple? A Communication Exercise

This is an assessment tool that focuses on the areas vital to successful and satisfying relationships.

Make a copy of these questions, and then you and your partner should each complete your own evaluation. As you complete your evaluation, place an X in the box that is most appropriate. After you are both completed, take time to compare your responses to your partners, circling their responses on your evaluation, and use this as a platform for communication. Really examine each others responses and ask each other questions about your individual answers. Remember this is an exercise about love and understanding, not to create tension. Treat each other with respect and love as you reveal your answers.

Personal Well Being

I choose to be in this relationship, I'm not in it because I need to be.

Describes me: Not at all/No <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
--	--	---

I am able to take time for myself when needed.

Describes me: Not at all/No <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
--	--	---

I do not need my partner to complete me, I am a whole person.

Describes me: Not at all/No <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
--	--	---

I take care of my body and my partner supports my vitality.

Describes me: Not at all/No <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
--	--	---

I have a coach (or other strong supporter) who keeps me true to myself.

Describes me: Not at all/No <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
--	--	---

Goal Planning Guide

Values and Goals

I know my partner's most important values and encourage them.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I understand my partner's long and short-term goals and support them.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I often ask my partner what s/he needs in support of his/her goals.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

My life is inspired by a life vision and it includes my partner.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am satisfied with the way we manage our finances, separately and together.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Spirituality

I believe my partner really knows me, including my beliefs and passions.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our relationship is aligned with my sense of purpose.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I respect my partner's centermost spiritual values.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our relationship inspires me to connect with my spiritual source.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our relationship empowers me and intensifies my passion and energy.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

Commitments

I understand that our wants/needs of this relationship differ.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I give to my partner based on his/her wants and needs, not based on mine.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our intentions regarding children are clear and similar.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am honest, faithful and committed to my partner and our relationship.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I trust my partner is honest, faithful and committed to our relationship.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Communication

I make sure to be truthful with my partner about everything.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I enjoy communicating with my partner and will often check in with her/him.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our decisions are made easily.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I clearly communicate my wants and needs from my partner.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am aware how the attitude I choose affects the quality of our communication.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

Conflict Resolution

I let myself feel angry and express it truthfully without disrespecting my partner.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I listen to my partner even when we disagree.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I don't push my partner's buttons to make them angry.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

If I disrespect or criticize my partner, I apologize.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our disagreements and problems are resolved quickly and we don't repeat the same patterns.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Partnership

I fully contribute to my relationship and towards its success.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I believe my partner is fully contributing to our relationship and its success.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I like to make my partner's life easier and happier because it makes me feel good.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

We have similar interests or interests that fit well together.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am an active participant in the relationship and I do not participate in harmful actions that regularly distance me from my partner.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

Sex

I am fully present with my partner when we make love.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I believe our intimacy is exciting, inventive, fresh and fulfilling.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

My partner tells me how to please her/him and I enjoy fulfilling their desires.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I communicate with my partner how to please me and fulfill my desires.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I feel satisfied and happy after making love or being intimate with my partner.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Connection

I'm appreciative of the love we share in our relationship.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

The quality of the silence between us is usually rich, peaceful, connected.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I do not hold grudges. I forgive my partner and move forward.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I work towards accepting my partner, and try not to pass judgment.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am influenced by my relationship to be compassionate towards myself and others.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

Trust

My partner is the one person I trust above anyone else.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I believe my partner will keep his/her word.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I keep my word to my partner, and communicate any variance.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I carefully consider my promises to that I am certain to deliver on them.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am not jealous of my partner's relationships.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Affection

I actively romance my partner to keep our relationship alive.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I am content with the affection in our relationship.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Our relationship has moments of tenderness, kindness and gentleness.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I can tease my partner with love and laugh at the same.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I like the amount of lightness and play between us.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

Family/Community

I have people that care about me surrounding me often.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I make the time to be with my children, family and close friends.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I accept my family, siblings, parents, close friends for who they are.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I communicate frequently with those important to me.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

We contribute to the lives of people around us as a way of life.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Relationship Support

The couples around us are models for the relationship we seek.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

We consult an objective observer on our relationship (family member, therapist, coach).

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I support and encourage the relationships my partner develops to pursue his/her goals.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I have all the friends I want, male and female.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

People wish to spend time with us because we are a terrific couple.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Goal Planning Guide

The Magic

I am so connected with my partner that I can often feel his/her presence.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

I have listened to my partner so well that I often know what s/he is thinking.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

We grow together in this relationship.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

We are constantly doing what we want and are present to what we are doing.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Sometimes I am overwhelmed by gratitude, love, or admiration – and I express it.

Describes me: Not at all/Never <input type="checkbox"/>	A little/Sometimes <input type="checkbox"/>	A lot/All of the time <input type="checkbox"/>
---	--	---

Life doesn't have to be perfect to be wonderful, as such, **this evaluation doesn't mean much unless and until we discuss the differences together.** Where are we similar? Where do we differ? What do we want to do about it?

1. The primary area we need to focus on is:

2. What is it we agree to do collectively in working in this area?

3. How will we know when we are successful?
