



Relationship Goals Setting Worksheet

Ask yourself these questions and then use the template below to record your goals and your plan to reach them. Although most of your relationship goals will be jointly set by you and your spouse, you each may also have some separate goals that impact your relationship. Repeat the process for each relationship goal. Realize that your goals and action plans during deployment may need to change after deployment.

What goal do you want to set for your marriage or partnership?

What is your goal? _____

Why do you want this goal? _____

What does success look like? Be specific. Can you make your goal measurable? _____

How will you know you have reached your goal? For example, if you want a happy marriage, how would you know that you have it? What does happy look like for you? _____



Is your goal broad and long-range? If so, you may need smaller objectives that are shorter term and more focused. _____

How will you get what you want?

What will you do to reach your goal? _____

What are the specific action steps needed to reach your goal? Be very concrete in your action steps – these are your blueprint for action. _____

Who is responsible for accomplishing each action step? _____

What is the timeframe for each action step, including the target date for accomplishment?
