

# ***GOAL SETTING WORKSHEET FOR COUPLES***

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## **General Instructions:**

Print two copies of this worksheet. Each spouse should complete Steps 1 and 2 on his or her own. Steps 3 and 4 should be completed together.

## Step 1

Several dimensions of life are listed in the first column. For each dimension, brainstorm goals you would like to achieve. You're brainstorming, so don't place limits on the number or nature of the goals you list. Identify goals you'd like to target *personally* in the second column and goals you'd like to target as a *couple* in the third column.

Dimension	Personal goal ideas	Couple goal ideas
<b>Financial</b> <i>Example goal topics:</i> budgeting, investing, and saving for a purchase.		
<b>Household</b> <i>Example goal topics:</i> menu planning, home improvement projects, and lawn care.		
<b>Physical</b> <i>Example goal topics:</i> exercise, healthy eating, and stress management.		
<b>Social</b> <i>Example goal topics:</i> hosting a block party, getting to know neighbors, and hospitality.		
<b>Spiritual</b> <i>Example goal topics:</i> memorizing Bible verses, prayer, and family devotions.		
<b>Marriage &amp; personal enrichment</b> <i>Example goal topics:</i> joining a club, finding a hobby, and reading a book.		

## Step 2

Because you have finite time and energy, it is generally useful to limit the number of goals you set. Consider the goals you identified in Step 1. Beginning with the *personal* column, circle or highlight the one or two goals in each dimension that you *most* wish to target. Do the same in the *couple* column, keeping in mind that you will soon compare your ideas for couple goals to those of your spouse and together come to consensus.

## Step 3

Compare your table from Step 1 to your spouse's table. First, discuss both of your *personal* goals. Provide feedback to one another regarding the suitability of these. Make adjustments as you prepare to document your individual goals on the *Personal Goals* table under Step 4. Second, discuss the *couple* goals you each identified during Step 1. Work together to merge your ideas for couple goals as you prepare to document them on the *Couple Goals* table under Step 4.

## Step 4

Keep the following in mind as you document your goals on the *Personal Goals* and *Couple Goals* tables (these are on the following pages).

- Goals should be specific and measurable. For example, "eat more fruit" is vague and difficult to measure. However, "eat two servings of fruit each day" is specific and measurable.
- Be sure to specify the date by which you will achieve a goal or, if it is an ongoing action or behavior, indicate how often you will complete it. For example, if you're going to pay off a debt, indicate the date by which you'll pay it off. Likewise, if your goal involves jogging, you'll want to document how frequently you'll jog.

Use the third column in the *Personal Goals* and *Couple Goals* tables to document the specific tasks that will help you achieve success. Remember to select only as many goals as you feel you can handle. You can always add additional goals later.

Once you've selected your goals, review them frequently to keep them at the forefront of your mind. Implement your key tasks for success and achieve your goals!

### Examples:

Dimension	Goal	Key tasks for success
Physical	Eat at least 2 servings of fruit each day.	Check the ads each week to see which fruits are on sale. Look up fruit recipes.
	Jog 2 miles on 4 days of each week.	Identify a running buddy. Buy new running shoes.
Financial	Give a tithe of every paycheck to the church.	Set up an automatic payment to the church.
	Finish paying off the car loan by the end of the year.	Pay an additional \$30 each month towards the loan. Put our income tax return towards the loan.

Personal Goals		
Dimension	Goal	Key tasks for success
Financial		
Household		
Physical		
Social		
Spiritual		
Marriage & personal enrichment		

Couple Goals		
Dimension	Goal	Key tasks for success
Financial		
Household		
Physical		
Social		
Spiritual		
Marriage & personal enrichment		