Goal Setting for Couples Worksheet

General Instructions:

As you complete this worksheet, you will identify broad topics you would like to target for change, followed by specific goals that correspond with each topic. Topics are general in nature. For example, exercise is a broad topic. Goals, on the other hand, are specific in nature. Walking at least one mile on three days of each week for the next year is a specific goal that corresponds to the topic of exercise.

This worksheet allows for couples to set up to 24 goals to achieve together and 24 goals for each spouse to achieve individually. Depending on your situation and the goals you set, this may be too many to address simultaneously. Feel free to select only as many topic areas and goals as you can tackle at once.

Each spouse should complete Steps 1 & 2 on his or her own. You may find it useful to complete these during your personal devotional time, so you have time to pray about your selections. Steps 3 & 4 should be completed together.

If you need help jumpstarting your brainstorming for Step 1, the following questions may help.

* What would you like for your life to look like in one year? Five years? Ten years?
* If you could change one thing about yourself, what would it be?
* Where is one place you have always wanted to visit?
* Who do you most admire? What do you admire so much about him or her?
* What one purchase would greatly enhance your life?
* Which relationship in your life could use the most work?
* What legacy would you like to leave your children?

**Step 1**

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

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| Dimension | Personal target topics | Couple target topics |
| Financial  *Example target topics: budgeting, investing, and saving for a car.* |  |  |
| Household  *Example target topics: menu planning and lawn care.* |  |  |
| Physical  *Example target topics: exercise, vegetable consumption, and sleep.* |  |  |
| Social  *Example target topics: hospitality, community meeting attendance, and hosting a book club.* |  |  |
| Spiritual  *Example target topics: memorizing Bible verses, prayer, and family devotions.* |  |  |
| Personal and marital enrichment  *Example target topics: attending a couples’ retreat and finding a hobby.* |  |  |

## Step 2

Because you have finite time and energy, it is generally useful to limit the number of topics you target with specific goals. Peruse the topics you notated in Step 1. Beginning with the *personal* column, reduce your list of potential target topics to those you most wish to target (approximately 6 to 8). You can circle your choices in order to emphasize them. Do the same in the *couple* column, keeping in mind that you will soon compare your *couple* target topic choices with those of your spouse and together come to consensus.

## Step 3

Compare your table from Step 1 with your spouse’s table. First, discuss both of your *personal* target topics. Provide feedback to one another regarding the suitability of the target topics you each selected in the *personal* columns. Make subsequent adjustments, if appropriate, and document your final *personal* target topic selections on the *Personal Goals* table under Step 4. Second, discuss the target topics you each selected in the *couple* columns. Work with one another to merge your selected topics, then document your final *couple* target topics on the *Couple Goals* table under Step 4. (The *Personal Goals* and *Couple Goals* tables can be found on the following pages).

## Step 4

For each target topic listed on the *Personal Goals* and *Couple Goals* tables, develop 1 to 3 goals. Goals should be specific and measurable. For example, the goal “eat more vegetables” is a vague goal that cannot be measured. However, a goal of “eat two servings of vegetables on five days of each week” is a measurable and specific goal. 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. Finally, notate any specific tasks you will need to complete in order to achieve success. In the vegetable example presented above, a task needed for success might be finding new recipes for preparing vegetables. Remember to select only as many target topics and goals as you feel you can handle. You can always select additional topics and 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:

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| Target topics | Specific goals | Key tasks for success |
| Exercise | Do 60 crunches on three days of each week. | Buy an exercise mat. Have a friend hold me accountable. |
| Jog 2 miles on four days of each week. | Identify new routes to run. Buy new running shoes. |
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| Improving the house | By June 30th, install a motion sensing light over the driveway. | Compare specifications, prices, and reviews on available lights. Purchase light. |
| By August 1st, paint the front shutters. | Get paint that matches the color the shutters were painted previously. |
| By May 15th, sew curtains for the dining room. | Choose and purchase fabric. Set aside time to sew. |

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| Personal Goals | | |
| Target topics | **Specific goals** | **Key tasks for success** |
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| Couple Goals | | |
| Target topics | **Specific goals** | **Key tasks for success** |
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