

Envision a Healthy Future Together



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will identify relationship goals and reflect on ways to reach goals together with their partner.

Audience: This tool can be used with single individuals as well as couples. When working with couples, ensure both partners are capable of having safe conversations about their individual and shared goals.

Estimated Time: 20-30 minutes

Educator Instructions: Review the instructions printed on the tool. Explain the difference between short-term and long-term goals. Have clients identify both short- and long-term goals (it might be difficult for some to come up with many long-term goals). When working with couples, have each partner list goals separately. After they have listed their goals, ask if they feel comfortable sharing their goals with each other. If not, do not pressure them to share at this time. If they do share, have each person take turns sharing one goal at a time. Talk about common themes and have them think about how they can work together to achieve their goals. If any goals seem incompatible, have couples think about possible solutions.

Discussion Starter: Goals give us a sense of purpose, something to aim for. Reaching our goals gives us a sense of accomplishment. Many people have personal goals for things like eating healthy or being active, trying something new, or getting a stable job. Although we set personal goals, many people enter relationships without really thinking about what they want out of it. Fewer take the time to talk with their partner about their goals. When couples take time to talk about goals, it shows commitment to the relationship. Having regular conversations about values and goals can also increase a couple's emotional bond. What are some goals you have for your relationship?

Follow-up: Ask clients for examples of their responses to each question on this tool (e.g., "What are some of your short-term goals?"). Talk about steps they have taken to make progress toward their goals. When working with couples, ask for examples of goals that are shared and how they are working together to reach these goals.





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Having shared goals is a way to stay committed as a couple and helps you think about your future together. When we set goals for our relationship, it tells our partner we're in it for the long haul. As you set relationship goals, think about the type of partner you want to be as well as the type of relationship you want to have.

Use the following questions to help you name some goals. Goals should be specific and realistic. Be honest about the things that really matter to you.

Short-term goals are things you would like to do within the next few months.

What are 3 of your most important short-term goals for your relationship?

1. _____
2. _____
3. _____

Long-term goals will take longer to achieve – perhaps a year or more.

What are 3 of your most important long-term goals for your relationship?

1. _____
2. _____
3. _____

What can you do to help you reach these goals? What are some things you need from your partner to reach these goals?

Do you and your partner have some goals in common? How can you work together to achieve your goals?

If some goals are different, what are some ways you can still work together to reach your goals?

***Setting goals for your relationship shows you are committed to a future together.
Working on goals together can help bring couples closer.***