



FINDING SOLUTIONS

TOGETHER

counselling | psychotherapy | supervision

Relationship Planning Worksheet

1. On separate pages each person records a series of short sentences describing your personal vision of a deeply satisfying love relationship, in other words the relationship you desire.
2. Once complete, share your lists noting the differences and adding things to your list that your partner included, and you agree with but hadn't thought to include.
3. Rank each item on your revised list (1 being the most important and 5 the least important).
4. Circle the top two/ most important items to you.
5. Put a check mark beside the items that you think will be most difficult for you to achieve.
6. Working together design a mutual relationship vision. Start with the items you both agree are important. Check off those that you think will be challenging for the two of you. Add things at the bottom that are not very important. Try to come to a compromise about things that you do not both agree upon. If you cannot find a middle ground with these items leave them off your combined list.
7. Post your combined list and review it weekly.

Remember that these are goals that you may or may not have already achieved but would be ideal for your relationship in the future.

Examples of possible relationship visioning points:

- We have fun together
- We co-parent well
- We communicate easily and openly
- We are financially secure

