

Take a Look in the Mirror

How do you want to show up in this relationship? Share this with your partner.

Reflection: How are you showing up in my relationship now? Be honest with yourself here.

What are 3 personal growth goals you would like to set for yourself that will also benefit the relationship? Be specific about what actions you will take to meet your objective (i.e. if you were at a 10 on a scale from 0-10).

For example, if the category is Communication (Current Rating: 5), a tangible description might be: If I were at a 10 I would regulate my emotions, be more mindful about the intensity of my tone and I would speak in a respectful and intentional manner with my partner. I would be more vulnerable and share my feelings openly and honestly with my partner.

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Current rating: _____

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Current rating: _____

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Current rating: _____