

Goals Here & Now

It is good to have goals or objectives, even very short-term ones. What would you like to do together in the next week? It can be something you want to achieve together but it doesn't have to be. It could be as simple as catching a coffee when you've both got nothing else on and enjoying each other's company. Jot down here at least three things you'd like to do together, then check back at the end of the week to see if you managed it.

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Goals for the Next Month

Earlier in the book you looked together at goals for the coming week. Now we're looking a bit further ahead at the next month, which gives you time to plan a little more. Think about anything you want to achieve, or perhaps activities you fancy having a go at. Jot down here at least three things you'd like to do together, then check back after a month to see if you managed it.



Our Goals for the Year Ahead

We've already looked at goals for the next week and month, now is the opportunity to look further ahead – for a whole year! What do you want to do together in the next year? You know the drill by now, get your heads together, have a think and come up with at least three things (though hopefully you'll be able to think of lots more than that!).



Our Future Goals

We've already looked at goals for the next week, the next month and the next year. Now look at what your goals are *for the rest of your lives*. Seriously, this is the time to think big, what do you want to achieve with your lives? What do you want to do together? Also think about any individual goals each of you may have, and how you can help your partner achieve their life goals.

Our Goals Together



Our Future Individual Goals

Partner A Goals

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Partner B, how can you help your partner achieve these goals?

Partner B Goals

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Partner A, how can you help your partner achieve these goals?