

# RELATIONSHIP GOALS



Relationships can be complex and difficult to navigate at times. It helps to brainstorm visions and barriers that contribute to your relationship goals.

## My VISION for my relationship

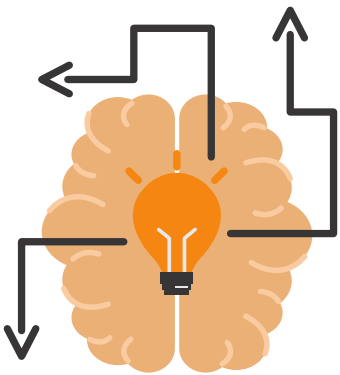
The life I would like to have with my partner would include:

- 1** feeling...
- 2** doing...
- 3** being the kind of partner who...



## The BARRIERS I bring to creating the relationship I desire:

- 1** Things I will have to change about myself in order to create the relationship I have described:



- 2** The reasons it won't be easy for me to make these personal changes:

- 3** The hardest change I have to make in myself is:

