

# RELATIONSHIP GOALS

Relationships are complicated, and our patterns can make it hard to get what we really want. Use this page to clarify your vision, the barriers you bring, and the changes you want for yourself. This is just an honest check-in about what could support your next move.

## The Relationship I Want

What would you love your relationship to feel like? Picture your day-to-day life, the energy between you, and how you handle challenges together.

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## The Barriers I Bring

What do you notice comes up for you that makes creating that relationship harder? This could be old habits, fears, beliefs, or patterns.

- I tend to get stuck when...
- I notice my barriers show up most when...

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## Changes I'll Need to Make

Growth means shifting things in yourself that aren't working.

- The hardest change for me would be:
- Here's (honestly) why this isn't easy for me:

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## The Kind of Partner I Want to Be

Describe the kind of partner you want to show up as, not just for someone else, but for yourself too.

- I want to be someone who...
- In hard moments, I hope I can...

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## My Next Small Step

Change does not have to be huge. What is one doable thing you can try this week to support your growth? What support might you need to make it happen? The hardest change for me would be:

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Be kind to yourself as you do this. Growth is always scary and vulnerable. If anything here feels hard or impossible, bring it up in session and we'll figure it out together.