



Relationship Development Worksheet

Rate the following four elemental aspects of the relationship you would like to work on. Rate them from 1 to 4 with 4 being the strongest.

Character

Commitment

Chemistry

Intimacy

Write out dream statements for the two that are lowest rated. These are the two aspects that you have identified to work on this year. Write the dream from the perspective of the other person in the relationship.

(Example: Intimacy - My wife truly knows me. She's aware of my flaws, my passions, my fears and my love. We have a deep and intimate connection.)

1 Dream:

What are three action steps you would like to implement to see this dream become a reality this year? Make these steps measurable. It's important that you can gage your success.

1. _____
2. _____
3. _____

2 Dream:

What are three action steps you would like to implement to see this dream become a reality this year? Make these steps measurable. It's important that you can gage your success.

1. _____
2. _____
3. _____

Who will you share this with? _____