

My Goals to my Dream Relationship

Date: _____

1

My number one goal for the next 6 months: _____

I need to take these steps to reach it:

1

2

3

4

2

My second goal for the next 6 months: _____

I need to take these steps to reach it:

1

2

3

4

3

My third goal for the next 6 months: _____

I need to take these steps to reach it:

1

2

3

4

Setting SMART Goals

To achieve your objectives effectively, use the SMART criteria for goal setting.

SMART goals are:

Specific: Clearly define what you want to accomplish.

Measurable: Ensure you can track your progress with concrete criteria.

Achievable: Set goals that are realistic and attainable.

Risky: Choose goals that challenge you and push you out of your comfort zone.

Time-Limited: Set deadlines to create urgency and focus.

As you formulate your goals, consider the following:

- **You are exactly where you need to be right now.**
- **Everything you need to get started will come to you.**
- **You have the power to shape your own reality.**
- **Decide on your goals and take steps towards them.**
- **Believe that you can make the necessary changes for growth.**
- **Success is a choice; it requires your commitment.**
- **Commit fully, regardless of immediate outcomes.**
- **Start now and make daily progress.**
- **Understand that setbacks are part of the journey.**
- **Consistency is key to achieving your goals.**
- **Each effort is an opportunity to learn and grow.**
- **This journey is about your personal development.**
- **You are capable; the answers you need are within you.**

Create 3 to 6 SMART goals you want to achieve in the next 6 months.

The following are examples of SMART goals:

Read a Book:

- **Specific:** Read "Loving Others Who Are Hard to Love" by Joyce Meyer.
- **Measurable:** Finish by week 10.
- **Achievable:** Allocate time each week for reading.
- **Risky:** Challenge yourself to apply insights from the book.
- **Time-Limited:** Complete within 10 weeks.

Set Boundaries:

- **Specific:** Establish boundaries with your spouse when they are disrespectful.
- **Measurable:** Use the phrase: "I do not appreciate you hollering at me. When you can speak respectfully, we can continue this discussion. Until then, let's cool off."
- **Achievable:** Practice this response and plan a follow-up conversation.
- **Risky:** Confront your spouse during an outburst.
- **Time-Limited:** Implement this during the next outburst.

Improve Communication:

- **Specific:** Enhance communication with your spouse by giving undivided attention.
- **Measurable:** Spend 5 minutes each day focusing on your spouse.
- **Achievable:** Set aside a specific time each day for this practice.
- **Risky:** Challenge yourself to be fully present even when distracted.
- **Time-Limited:** Implement this daily for the next 6 months.

To further refine these goals, break them down into actionable steps:

- **Book Reading:** Choose the book, estimate reading time, and set weekly reading goals.
- **Setting Boundaries:** Decide on practice scenarios, rehearse responses, and plan follow-ups.
- **Improving Communication:** Determine best times, create reminders, and schedule daily 5-minute sessions.

After breaking down your goals, it's crucial to follow your plan. Regularly update your SMART goals and stay committed. By planning and working your plan weekly, you'll progress toward your objectives more efficiently.