

Setting Personal Goals

Less than 3% of married couples have set goals for their marriage. Goals are vital, for unless you have something in mind to work toward or achieve, you will either wander around aimlessly or not get too far.

Goals provide a marriage relationship with three things:

1. Direction or Vision
2. Something to measure marital success by
3. A clear, delineated common set of principles

You set your goals on a number of levels:

First you create your “Big Picture” of what you want to do with your life (or say, over the next 10-15 years), and identify large-scale goals that you want to achieve. Then you break these down into the smaller targets that you must hit to reach your lifetime goals. Finally once you have your plan, you start working to achieve these goals.

Step 1: Setting Lifetime Goals

The first step in setting personal goals is to consider what you want to achieve in your lifetime (at least, by a significant and distant age in the future) To give a broad, balanced coverage of all important areas in your life, try to set goals in some of the following categories (or in some others that are important to you.)

Career Goals:

What level do you want to reach in your career, or what do you want to achieve?

1. _____
2. _____
3. _____

Financial Goals:

How much do you want to earn, by what stage? Do you want to own a home? Do you want to save a certain amount of money? How will you plan for retirement? How will you deal with charitable giving?

1. _____
2. _____
3. _____

Education Goals:

Is there any knowledge you want to acquire in particular? Do you want to further your education? Any special skills you want to inquire?

1. _____
2. _____
3. _____

Family Goals:

Do you want to be a parent? If so how are you going to be a good parent? How many children do you want to have? When do you want to have children?

1. _____
2. _____
3. _____

Artistic Goals

Do you have any artistic or creative goals you want to achieve?

1. _____
2. _____
3. _____

Attitude or Personality Goals

Is there any part of your mindset that is holding you back? Is there any part of the way that you behave that upsets you? What can you do to minimize conflict in your marriage?

1. _____
2. _____
3. _____

Physical Goals

Are there any athletic goals or health goals you want to achieve? How will you develop a health/exercise plan? What steps are you going to make in order to maintain vitality and health later on in life?

- 1. _____
- 2. _____
- 3. _____

Pleasure Goals

How do you want to enjoy yourself? Will you develop or cultivate any hobbies? What are your plans for continuing to date after children arrive?

- 1. _____
- 2. _____
- 3. _____

Sexual and Intimate Goals

How are you going to deal with things such as work, fatigue, children that will interrupt intimacy in your marriage? Do you have goals for sexual frequency, or sexual communication?

- 1. _____
- 2. _____
- 3. _____

Public Service Goals

How will you seek to make the world a better place as a couple?

- 1. _____
- 2. _____
- 3. _____

Step 2: Developing a plan of action

What will it take for you to achieve the goals you delineated above. Brainstorm ideas about a few of them and begin working on them immediately.

As a couple, rank those goals from your list in order of importance. Below write out the 5-7 most important goals from your lists:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Developing a Vision Statement for your Marriage:

Tips for Developing a Vision Statement:

- Be specific
- Be positive

Write your vision statement here: