

PLANNING / PLANNER

Monthly Relationship Goals Planner

Turn a shared hope into a goal with a first step, realistic responsibilities, and a review date.

5 pages | 30 minutes, then a monthly review

A good way to use this

1. Write your hopes separately before deciding which one to share.
2. Choose one goal for the next month, not a full life overhaul.
3. Agree on each person's contribution and revisit the plan at a set time.

Inside your resource

02 Name what you want more room for

03 Choose a goal you both want

04 Give the goal a first step

05 Review the plan, not each other

Print at Actual Size on US Letter, or Fit on A4. These are printable pages, not fillable forms. Write on paper or use your PDF reader's annotation tools. On a phone, the resource webpage offers a readable text version.

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

01 / Monthly Relationship Goals Planner

Name what you want more room for

Think about everyday life, not what a successful couple is supposed to look like. You may have different priorities; the first task is hearing them.

EXAMPLE "I want a less rushed Sunday because I start Monday already exhausted. I would like us to try doing one household task earlier in the week."

01 One area of life I would like us to improve is...

Partner A

Partner B

02 Why that matters to me, in practical terms:

Partner A

Partner B

03 Something I want for myself that I would appreciate support with:

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

02 / Monthly Relationship Goals Planner

Choose a goal you both want

Compare your hopes and choose one you are both willing to work on. A shared goal is not one person persuading the other to adopt their whole plan.

EXAMPLE "For four weeks, we will protect one 30-minute walk together. A shorter walk still counts. We are not trying to schedule every evening."

01 Our goal for the next month, stated as something we can do:

Our notes / the named person's response

02 What a good-enough result would look like for each of us:

Our notes / the named person's response

03 What we are not taking on right now:

Our notes / the named person's response

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

03 / Monthly Relationship Goals Planner

Give the goal a first step

Make the first action small enough to do this week. Include resources such as time, money, energy and help from others. No one should quietly inherit all the planning.

Action	Owner / support needed	When / evidence it happened
First small step		
Next step		
Likely obstacle + backup		
Review date		

Example: Put two possible walking times in the calendar together tonight. If the week becomes crowded, choose one ten-minute walk instead.

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

04 / Monthly Relationship Goals Planner

Review the plan, not each other

Return after the month. A useful review asks whether the goal still fits your lives and whether the work was shared in a way both people can sustain.

EXAMPLE "We walked twice, and those evenings felt less rushed. Four weeks was too much to plan ahead. Let's choose the time each Sunday."

01 What changed, even a little, because we tried this?

Our notes / the named person's response

02 What felt fair or unfair about the effort required?

Our notes / the named person's response

03 Will we keep, shrink, change or stop this goal? What is the next action?

Our notes / the named person's response

Keep a little time for each other.

A small daily ritual can support the bigger plans you make together. Try shared questions and mood check-ins in the Connected Couples App.