



YOUR 2024

# VISION FOR YOUR RELATIONSHIP



**In this guide, I'll walk you step by step through a beautiful, integrative process for creating a shared vision and shared goals for your new year together as a couple.**



**This process takes 20 to 30 minutes, so it's best if you sit down when you have distraction-free time together to focus.**

**At the end, you will have an inspired and upleveled vision to hold you through this upcoming year together.**

# GOALS

## FOR 2024

**What are three things you would like to accomplish together as a couple?**

Examples: "We'd like to have two romantic trips together this year, just for us." "We want to attend every single one of the kid's soccer games." "We'd like to go out on a date night every single week." "We'd like to learn Tantra." "We'd like to review our finances together monthly."

Take a moment to share everything you'd like to accomplish as a team, then write your top 3 in the spaces down below.

**Your top 3 shared goals as a couple:**

1

2

3

# FEELINGS

**Your feelings reflect how you want to feel as a couple. Think of this as your most desired shared feeling.**

Examples: "Sexy" "Emotionally Safe" "Connected" "Open Hearted" "In love" "Joyful" "Grateful"

Take a moment for each of you to share how you'd like to feel together, then write your top 3 feelings down below.

**The top 3 feelings you'd like to feel as a couple:**

1

2

3



**Now, take a moment to choose 3 things you'll do to keep your romantic and erotic connection alive in the new year.**

Examples: "Go on a date night every week." "Do a Tantric practice once a month." "Try something new sexually every 3 months." "Compliment each other." "Take one hour each week to sit down and talk about how we're doing as individuals." "Go on a hike together every Sunday."

Take a moment to discuss everything you could do for your romantic and sexual connection, then choose 3 things you'll commit to doing and write them below:

**The top 3 ways we'll care for our romantic and sexual connection:**

1

2

3

Print or screenshot these pages to use as a reminder of your commitment to your relationship vision in the new year