



THEROAD.TV MARRIAGE SERIES

EXERCISE I: YOUR RELATIONSHIP GOALS

Time: Approximately 60 minutes.

Purpose: This exercise will help you see the potential in your relationship.

Comments: Do this exercise together.

Directions:

1. Take out two sheets of paper, one for each of you. Working separately, write a series of no more than 5 short sentences that describe your personal goals of a deeply satisfying love relationship. Include qualities you already have that you want to keep and qualities you wish you had.

Write each sentence in the present tense, as if it were already happening. For example: "We have fun together." "We have great sex." "We are loving parents." "We are affectionate with each other." "We pursue God together." "We serve together." Make all your items positive statements. Write: "We settle our differences peacefully" rather than "We don't fight."

2. Rank the importance of your sentences using on a scale of 1-5, with 1 being most important and 5 being least important. The top 2 of each of your list will become your relationship goals. You should have a total of 4 goals.

3. For each of the four sentences, discuss the following:

- How are we currently doing in this area?
- How do we improve in the areas that are lagging?
- How hard do you think it will be to improve?
- What is the first step to achieve each of these goals?