

Couples Goal-Setting Questionnaire

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Financial Questions

1. Do I feel comfortable with the amount of money we make?
2. Is there anything we can do to improve our financial situation?
3. Do we have an adequate amount of life insurance? What about home, health and auto coverage? Do I know how to locate and use the policy information?
4. Do we need to reduce our taxes? Are we under- or over-withholding?
5. Are we giving away the right amount or percentage of our income? Are our gifts being used for the right purposes or organizations? When is the best time for us to give—weekly, monthly or on some other schedule?
6. How much debt do we have? Is this an acceptable amount? Should we try to get out of debt, or avoid it all together?
7. How much are we saving? How much should we be saving? What are we saving for? How often should we set money aside, and where should we put it?
8. Why are we investing? How much should we invest? Am I comfortable with how our investment portfolio is allocated? Should we be more (or less) aggressive in our investment approach?
9. How much should we spend on things like our house, our vacations, our cars, etc?
10. Do we want to send our children to private/Christian school? How much will that cost? How much are we willing/able to spend on a college education for our children?

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Marriage Questions

1. Is our marriage headed in the right direction? Are we growing closer and is the relationship maturing?
2. Am I meeting my spouse's emotional, physical, and intellectual needs?
3. Is my spouse meeting my emotional, physical, and intellectual needs?
4. Do we clearly communicate with one another?
5. Should we go out more often, or make more time for romance?
6. Do I tell my spouse "I love you" often enough? What do I do or say to show my love?
7. What can we do to improve our sexual relationship?
8. What do we want our marriage to look like five years from now?
9. What do I see as the husband's primary responsibilities in our marriage relationship?
10. What do I see as the wife's primary responsibilities in the marriage relationship?

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Family Questions – If you have children

1. How many children would we like to have?
2. Do we consistently and properly love our children?
3. Do we consistently and properly discipline them?
4. What are the most important character traits we want to see our children develop?
5. What rules do we want to establish for our children at home and in public?
6. Where should we go on vacation? How should we spend weekends and other leisure time?
7. Does our devotion to our children interfere with or hinder our marriage relationship?
8. If something were to happen to us, who would we want to serve as the guardian for our children? Have we provided for our children through a will?
9. Do we support one another in front of our children?
10. Per the following passages, what are the main responsibilities of parent and children?
Col. 3:20-21; Heb. 12:5-11; Prov. 3:11-12; Eph. 6:4.

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Spiritual Questions

1. Am I spending consistent, quality time with the Lord? Is my spiritual relationship stagnant or progressive?
2. Should we have family devotions? What should they look like?
3. Am I providing spiritual encouragement for my spouse?
4. Should we be more involved in personal evangelism?
5. Are we active in our church?
6. What are my primary spiritual gifts?
7. What are my spouse's primary spiritual gifts?
8. Are we effectively using these gifts for the Kingdom of God?
9. What can we do to improve our prayer life, individually and as a couple?
10. What should our ministry focus be?

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Social Questions

1. Is there a proper balance between my time spent at home and away from home?
2. Should we entertain more?
3. Should we be trying to get to know more people?
4. Are there any specific people I would like to get to know better?
5. Are we involved in our community, schools and/or social organizations?
6. Are we over committed to social, athletic, or other activities?
7. Do our children demonstrate wisdom when choosing their friends?
8. Do we demonstrate wisdom when choosing friends and social activities?
9. Are there people in the church and neighborhood that we should help, befriend, and care for?
10. Is our home an inviting place for our friends and our children's friends to gather?

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Physical Questions

1. How can I improve my eating habits?
2. How can we improve our family's eating habits?
3. Are we getting enough exercise?
4. Is my spouse getting enough exercise?
5. Are our children involved in athletic or physical activities?
6. Are there any skills or sports I want to learn (i.e., to play the piano, speak French, or play tennis)?
7. Do I need to lose/gain weight?
8. Is there anything I should do to make myself more attractive to my spouse?
9. Are there any athletic goals I want to pursue (i.e., being able to run a mile—or run in a marathon)?
10. What can I do to encourage or enable my spouse to meeting his/her physical goals?

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Goal-Setting Worksheet

Goal (What you want to accomplish)	Program/Helps (How you can accomplish it)	Schedule (When you want to achieve it)
Financial		
Marriage		
Family		
Spiritual		
Physical		

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Co-founder of Capacity7, influencer, advisor, author and speaker to Fortune 500, armed services and not for profit organizations. Andy's passion is to serve and equip the next generation of millennial and centennial leaders. He is a leading authority and pioneer of the modern mentoring movement and founded two leading communications organizations, leadershipbd.com and coupled.life.

Prior to Capacity7, Andy worked in the beverage industry. He invented a national beverage brand called Fruit20. He loves adventure and will be hiking Mount Kilimanjaro in 2021. Andy is married to Nikki and has three children.