



Hi,

Beginning with the end in mind will be the focus for the next month in the weekly worksheets. You most likely have signed up for these worksheets because you want something to change in your couple relationship. The change could simply be: things are going great and you just want to keep it rolling or things are fine and you want to get some of those "early days" spark back or you and your partner feel at the end of your rope and desperately want to stop feeling this way.

No matter what change you are looking for you have to know where you have been, where you are, and where you want to go. That's what beginning with the end in mind is all about. We (Erin and Stephen) have found that when a couple can imagine how they want their relationship to look down the road (say at your 50th wedding anniversary) they can determine what they need to do in the present to get there.

So we will be taking you through a series of reflection questions. Wk #1 is self-reflection, Wk #2 is couple reflection, and Wk #3 is family reflection, and Wk #4 is putting it all together. Each week builds on one another and culminates in the putting it all together worksheet, which is all about getting practical and making changes.

As you go through the worksheets this month we hope that you and your partner can step into dreaming about what you want and doing something practical about where you are today so you can get to your dream.

Before you get started

Breathe. These worksheets are designed to be palatable and brief so if all you can take is 30 seconds to breathe, set a timer for those precious 30 seconds and take slow, intentional, deep breaths. If you have a few more minutes, take them here.

Try to be open, be patient, be flexible (this is easier for some of us than others, and that is ok). The purpose of these exercises is to be meaningful to you; to create guided opportunities for reflection, so you can increase your connection and better your communication (to self, partner, kids, the world).

Pay attention

- To your body
- To what feels important in the moment—even if you do not understand or cannot explain “why”.
- To what comes up for you in the hours and days after you read these questions. For many of us, it may take longer to know what we think or feel about any of these questions and things may emerge over time.

Take breaks and/or space if you need it.



Let's Get Started With Some Self-Reflection

- **When you were growing up, what did you imagine for your adult life/family life?** For example, “When I was little, I used to think I’d live in a big city, have a corporate job, have a good salary, and maybe have a family ‘someday’” Or maybe you thought you would meet your partner in high school, just like your parents, and stay together through college and have kids right away so you could have the big family you both always said you’d like to have.
- **So far, how close is your current reality to that “dream” or expectation you had?** How is it similar and how is it different? What happened (what are the stories) that created the similarities and differences? (Ex “After college, I assumed I’d want to move away but the job I wanted was actually in my hometown, so I moved back and then ...).
- **On a scale of 1-10 (1 being not at all and 10 being completely) how content are you currently in your own skin right now in this season of your life?** Give your gut response here. Try not to judge or evaluate how you are feeling about this. You do not have to “prove” your feeling about this to anyone. You may feel inclined to say, “My first response would probably be a 3 but things could be so much worse, so that’s probably not accurate. It must be more like a 7.” Again, no need to prove what you feel or to change how you feel because it is uncomfortable or not what you hoped. This is just for you to see and really get to be objective about how you are doing so you can get clear about how you would like to be doing, and then get doing it.
- **Which statement fits you best generally in this current season?**

-Generally, as I go through my day, I like who I am and the life I am leading.

-If I pause to think about it, I am grateful for my life, but who has time to pause to consider things?!

-I know I am coasting and/or numbed out. I am ready to re-enter, even if I may not be entirely sure “how” to do so...

-I’m not entirely sure...

- **When I consider my kid(s) grown and off on their own, how do I want to be able to look back and remember myself during this current season of parenting? What would 3-5 words be that I would hope to be able to describe myself as?** Ex: present, silly, engaged, honest, instructive, helpful, loving, curious, available, around, attuned, etc...
- **When you think about yourself right now in this current season, what is one word you would use to describe yourself that you really like and are proud of?** Ex: available, attentive, fun, intentional, etc...
- **When you think about yourself right now, in this current season of life you are in, what is one word you would use to describe yourself that you would like to pay attention to and maybe work to shift?** Ex: tired, impatient, irritable, busy, disengaged, grief stricken, stuck, isolated, lonely, etc...

So grateful for you being part of our community,

Erin and Stephen