

# Relationship Checkup

## CONNECTION

(1 - Never, 2 - Rarely, 3 - Sometimes, 4 - Usually, 5 - Always )

We check in on how connected we're feeling (actual discussions)

We have significantly more (7:1) positive than negative interactions

We strive to learn more about each other to communicate better

I know my partner's love languages and work to fulfill them

We engage in rituals (daily) and date nights (weekly)

**TOTAL:** /25

## VISION

(1 - Never, 2 - Rarely, 3 - Sometimes, 4 - Usually, 5 - Always )

Our goals are written down and agreed upon

Our values align, and we live by them

We are aligned on our 3 Year, 1 Year and 90 Day goals

Our calendar and budget reflect our shared vision

We have quarterly and annual meetings to reset and refocus.

**TOTAL:** /25

## ACTION

(1 - Never, 2 - Rarely, 3 - Sometimes, 4 - Usually, 5 - Always )

We regularly discuss progress towards our goals

We have a weekly and regular calendar review

We maximize each other's strengths and delegate all other things

We have divided responsibilities fairly and have them written down

We operate as a team to solve problems and issues

**TOTAL:** /25

## MINDSET

(1 - Never, 2 - Rarely, 3 - Sometimes, 4 - Usually, 5 - Always )

I recognize that things only have the meaning I give them

I value self-development and constantly seek to grow and learn

I celebrate progress even if I don't reach my ultimate objective

I have a growth and an abundance mindset

I manage my emotions through Clarity Time and healthy habits

**TOTAL:** /25

**GRAND TOTAL:** /100