

INTRODUCTION

Inspired by my own monthly practice with my partner, this worksheet is designed to be worked through together and to build the habit of touching base each month on important areas of life. Its goal is to help you stay aligned and connected, foster open dialogue around topics that often get overlooked in the busyness of life, and create space for healthy accountability—achieving goals, celebrating wins, and doing life together.

To help facilitate each section, you'll find an example prompt you can use to get the conversation going—or feel free to lead with your own. The goal is to discuss each area of life and encourage open communication, then simply jot down any notes, thoughts, or answers you'd like to revisit later.

SECTIONS

- ⁰¹ **LOOKING BACK** Take a moment to reflect on the previous month—both moments of gratitude and areas that may need processing together before moving forward.
- ⁰² **WORK** Whether you work a traditional 9-5 or you're a stay-at-home parent, each vocation comes with its own set of challenges. Loop your partner in on what your life at work looks like—what hurdles you're overcoming or wins you're celebrating—as it can be incredibly valuable.
- ⁰³ **FINANCES** We all know finances are a big—and often touchy—topic within relationships, especially when you share money and bills. Let's get on the same page and take the guesswork out of it.
- ⁰⁴ **HEALTH & FITNESS** Share how you're feeling in your body, what's been supporting your health, and where you may need more care or support. The goal isn't pressure or perfection, but awareness, encouragement, and finding ways to support each other in staying healthy and well.
- ⁰⁵ **SPIRIT / FAITH** Whatever spirituality or faith you believe in, we all have a practice for finding our center and fostering peace in our lives. Share your inner workings, prayers, and reflections.
- ⁰⁶ **OUR RELATIONSHIP** Most importantly, intentionally check in on your relationship—how you're feeling, how you're communicating, and how you're growing together.
- ⁰⁷ **FRIENDS & FAMILY** Balancing family and friendships can be tricky. Take time to intentionally discuss boundaries, the relationships you'd like to cultivate, and any social obligations.
- ⁰⁸ **ROUTINES & HABITS** We all have areas in our lives we'd like to improve. Whether it's a shift in routine or a habit you'd like to implement or break. Having accountability can help make that happen. Audit the daily habits and routines that are shaping your life.
- ⁰⁹ **GOALS** Make space to review your goals—both personal and shared. Reflect on your progress, celebrate your achievements, and discuss any adjustments or new goals you'd like to pursue together.
- ¹⁰ **NEXT MONTH** Finally, this is a chance to look ahead and set intentions for the coming month. Discuss priorities and upcoming plans.

01 LOOKING BACK

January

04 HEALTH & FITNESS

03 FINANCES

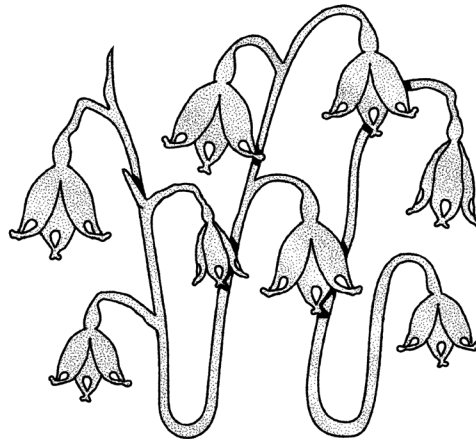
EX. What are we most proud of last month?

EX. How have we been feeling in our bodies lately - physically and energetically?

02 WORK

05 SPIRIT / FAITH

EX. How are we feeling about our financial habits?



EX. What has been fulfilling or draining at work lately?

EX. Have we felt connected or grounded lately; what has helped or hindered that?

01 LOOKING BACK, 02 WORK, 03 FINANCES, 04 HEALTH & FITNESS, 05 SPIRIT / FAITH, 06 OUR RELATIONSHIP, 07 FRIENDS & FAMILY, 08 ROUTINES & HABITS, 09 GOALS, 10 THIS MONTH

⁰⁶ OUR RELATIONSHIP

⁰⁹ GOALS

List your top goals for this month.

(1)

(2)

EX. What has been feeling really good between us lately?

(3)

WORD FOR THE MONTH:

⁰⁸ ROUTINES / HABITS

What word sums up the tone or atmosphere of your coming month?

EX. What steps are you taking to achieve your goals?

⁰⁷ FRIENDS & FAMILY

¹⁰ THIS MONTH

EX. What routines have been supporting us lately and which ones feel off or missing?

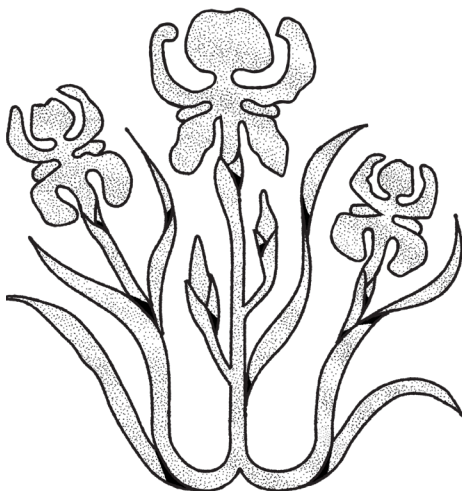
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Any big events or obligations this month - give a snapshot of your schedule?

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03 FINANCES

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02 WORK

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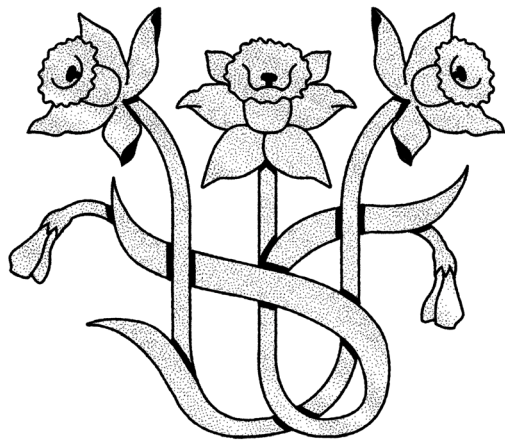
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February

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01 LOOKING BACK

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02 WORK

03 FINANCES

EX. Any changes to feel more financially aligned?

march

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EX. How can we support each others professional goals this month?

04 HEALTH & FITNESS

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april

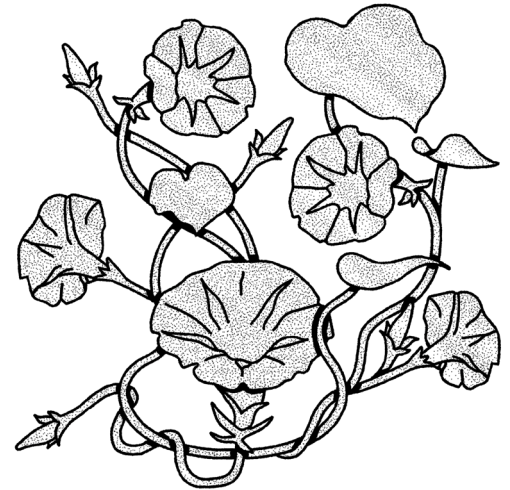
05 SPIRIT / FAITH

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04 HEALTH & FITNESS

EX. What has been fulfilling or draining at work lately?

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01 LOOKING BACK

02 WORK

May

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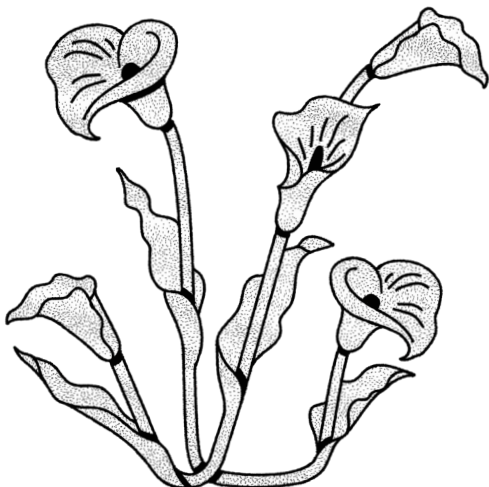
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03 FINANCES

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04 HEALTH & FITNESS



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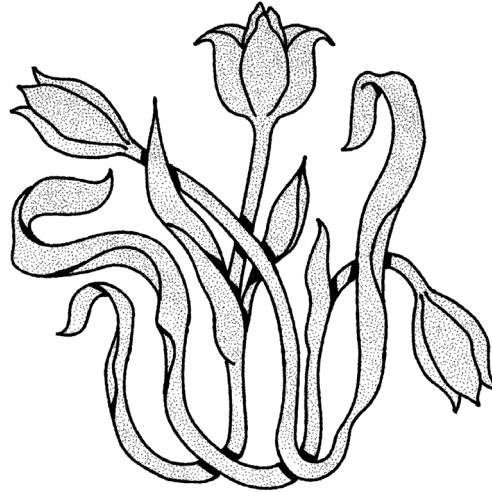
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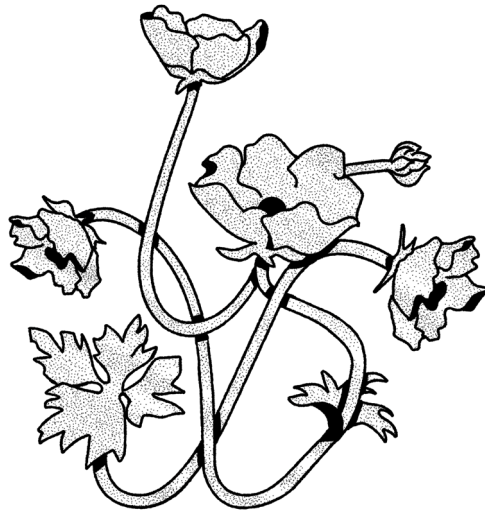
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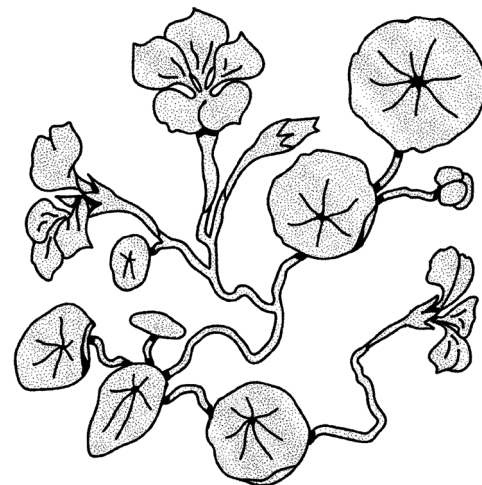
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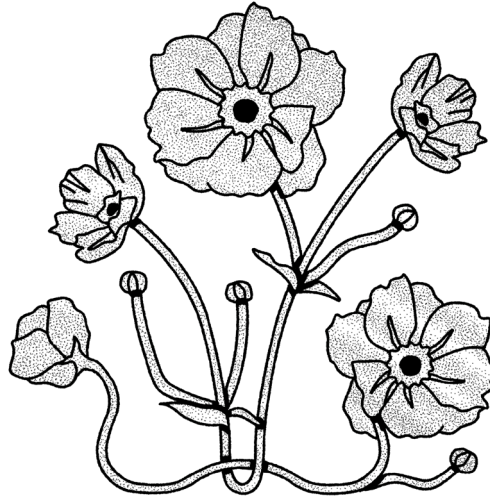
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