

Relationship Check-In Worksheet

Reflect on what's going well in your relationship and identify areas that may need improvement. This assessment will help you recognize your relationship's strengths and areas for growth.

Instructions: Complete this check-in independently and then share your answers with your partner.

BELIEFS & VALUES				
Priority for Improvement		Great	Okay	Needs work
	Commitment to relationship			
	Respect for individual differences			
	Compatible views on religion / spirituality			
	Shared values and priorities			
	Compatible goals for future work-life balance			
COMMUNICATION				
	Sharing openly			
	Resolving conflict			
	Understanding each other			
	Being honest			
	Offering compliments			

★ Use this for areas that are priority for improvement.

Relationship Check-In Worksheet

FAMILY AND FRIENDS				
	Compatible views on parenting			
	Time with friends away from partner			
	Time with friends together with partner			
	Relationship with extended Family			
INTIMACY				
	Caring acts & gestures			
	Intimate conversations			
	Experiences having sex			
	Feeling safe and secure			
FINANCES & HOUSEHOLD				
	Division of chores			
	Shared decision-making			
	Cleaning & neatness expectations			
	Compatible daily routines			
	Financial habits, goals, & priorities			

★ Use this for areas that are priority for improvement.

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