



Goal-Setting Template: "Your Relationship Vision"

Creating Your Roadmap to Love

SMART Goals Framework Adapted for Relationships

Your relationship vision is your North Star - it guides your choices, motivates your growth, and helps you create the love life you truly desire. This template uses the SMART goals framework (Specific, Measurable, Achievable, Relevant, Time-bound) adapted specifically for relationship success.

Before you begin:

- Complete your Values Clarification Worksheet first
- Find a quiet space where you can dream and reflect honestly
- Remember: this is your vision, not what others expect of you



Imagine your ideal relationship 2 years from now. Don't limit yourself - what would it look like if everything went perfectly?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



MY RELATIONSHIP VISION:

[illegible]



PART 2: 1-YEAR RELATIONSHIP GOALS

Using the SMART Framework for Relationships:

S - Specific: What exactly do you want to achieve?

M - Measurable: How will you know you've succeeded?

A - Achievable: Is this realistic given your current situation?

R - Relevant: Does this align with your values and vision?

T - Time-bound: When will you achieve this?

GOAL #1: COMMUNICATION & CONNECTION

What I want to achieve:

How I'll measure success:

Action steps I'll take:

- ---
- ---
- ---

Target completion date:

GOAL #2: PERSONAL GROWTH

What I want to achieve:



How I'll measure success:

Action steps I'll take:

- ---
- ---
- ---

Target completion date:

GOAL #3: RELATIONSHIP SKILLS

What I want to achieve:

How I'll measure success:

Action steps I'll take:

- ---
- ---
- ---
- ---

Target completion date:



GOAL #4: LIFESTYLE & PRACTICAL

What I want to achieve:

How I'll measure success:

Action steps I'll take:

- ---
- ---
- ---

Target completion date:



PART 3: 6-MONTH MILESTONE GOALS

These are stepping stones toward your 1-year goals:

6-MONTH GOAL #1:

Key milestones:

- Month 1: _____
- Month 3: _____
- Month 6: _____

6-MONTH GOAL #2:

Key milestones:

- Month 1: _____
- Month 3: _____
- Month 6: _____

6-MONTH GOAL #3:

Key milestones:

- Month 1: _____
- Month 3: _____
- Month 6: _____



PART 4: MONTHLY CHECK-IN TEMPLATE

Use this template each month to stay on track:

Month/Year: _____

PROGRESS REVIEW:

GOAL #1 PROGRESS:

What I accomplished this month:

Challenges I faced:

Adjustments needed:

GOAL #2 PROGRESS:

What I accomplished this month:



Challenges I faced:

Adjustments needed:

GOAL #3 PROGRESS:

What I accomplished this month:

Challenges I faced:

Adjustments needed:

GOAL #4 PROGRESS:

What I accomplished this month:



Challenges I faced:

Adjustments needed:

OVERALL REFLECTION:

What am I most proud of this month?

What lesson did I learn?

What support do I need going forward?

NEXT MONTH'S FOCUS:

Top 3 priorities for next month:

1.

2.

3.



One new action I'll try:



PART 5: QUARTERLY DEEP DIVE REVIEW

Use this every 3 months for major assessment:

Quarter: _____ **Year:** _____

VISION ALIGNMENT CHECK:

How well are my goals supporting my overall relationship vision?

What adjustments do I need to make?

VALUES INTEGRATION:

How well are my goals honoring my top relationship values?

Where do I need better alignment?



GOAL EFFECTIVENESS:

Which goals are working well?

Which goals need to be modified or replaced?

What new goals do I need to add?

SUPPORT SYSTEM REVIEW:

What support has been most helpful?

What additional support do I need?

CELEBRATION & ACKNOWLEDGMENT:

What growth am I most proud of?



How will I celebrate my progress?

GOAL EXAMPLES BY RELATIONSHIP STATUS

FOR SINGLES:

- "By [date], I will have gone on 2 quality dates per month with people who share my core values"
- "By [date], I will have completed my attachment style healing work and can communicate my needs clearly"
- "By [date], I will have established a social circle that includes 5 new friends who support my relationship goals"

FOR NEW RELATIONSHIPS:

- "By [date], we will have established weekly relationship check-ins and can discuss concerns openly"
- "By [date], we will have met each other's closest friends and family members"
- "By [date], we will have had honest conversations about our long-term goals and values"

FOR ESTABLISHED COUPLES:

- "By [date], we will have implemented a weekly date night routine and feel more connected"
- "By [date], we will have resolved our recurring conflict about [specific issue] using healthy communication tools"
- "By [date], we will have created a shared vision for our next life phase and taken concrete steps toward it"

FOR COUPLES IN CRISIS:

- "By [date], we will have attended 10 coaching sessions and can have difficult conversations without escalating"
- "By [date], we will have rebuilt trust by consistently following through on our commitments"
- "By [date], we will have decided together whether to continue working on the relationship or separate amicably"

IMPLEMENTATION TIPS

Making Your Goals Stick:

1. **Write them down** and review weekly
2. **Share with your coach** for accountability
3. **Break big goals** into small daily actions
4. **Track your progress** visually (calendar, app, journal)
5. **Adjust as needed** - goals should serve you, not stress you
6. **Celebrate milestones** along the way
7. **Get support** when you're struggling

Common Goal-Setting Mistakes to Avoid:

- Setting too many goals at once
- Making goals too vague or unmeasurable
- Focusing only on what your partner should change
- Setting unrealistic timelines
- Forgetting to celebrate progress
- Abandoning goals after setbacks

Remember: Your relationship goals should inspire and motivate you, not overwhelm you. Start with 2-3 goals maximum, and build momentum through consistent small actions. The goal isn't perfection - it's progress toward the love life you deserve.

Questions? Need support with your goals?

Bring this completed template to your coaching sessions for personalized guidance and accountability.

Contact Information:

Dante Yigael, Certified Life & Relationship Coach

HVL Connect

Email: dante@hvlccc.com

Phone: 832-800-0417

Website: www.hvlconnect.com

These worksheets are designed to be used together with your HVL Connect coaching program. For best results, complete them thoughtfully and review them regularly with your coach.