

Plan My Life with My Life Partner©

1. What couple do I know well who has the kind of relationship that I want. What about their relationship that impresses me?
2. I am thinking about my parent's relationship. What do they do or have in their relationship that I want to do or have in my relationship?
3. What do I want to have in my relationship that is completely different from my parent's relationship?
4. I am thinking about all of my prior relationships. What coping strengths, temperament strengths, and values do each of these people have in common?
5. What coping strengths, temperament strengths, and values do I like about myself?
6. What coping strengths, temperament strengths, and values do I most want my life partner to have? Which ones are the same as those in 4.? Which ones are different?
7. What caused us to select each other over all of the other people that each of us knows?

For the rest of these questions ask: Know what you must have, find out what your life partner must have, and then make an agreement for each one. Put that agreement in writing and sign it.

Be specific in your agreement. For example: About spending money: "If either of us wants to spend more than \$200 on X we will have to agree to do that."

8. Do we want to have children? If one of us does not want to have children is that a dealbreaker? Why?
9. How many children do we want to have? If we cannot agree on a number of children is that a dealbreaker? Why?
10. If we have children would I like to have a nanny to help us?
11. If my life partner and I disagree about having a nanny is that a deal breaker? Why?
12. How important is it that I have a college degree? How important is it that my partner has a college degree?
13. How important is it that I get a second college degree?
14. How important is it that my life partner gets a second college degree?
15. Do I want to work? Does my life partner want to work? If we can't agree on this is that a dealbreaker? Why?
16. If my life partner does not want to work what does s/he want his/her unique contribution to society to be?

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17. About my family: What qualities do my family members have? What must my partner do to get along with my family?

18. About his/her family: What qualities do I want his/her family to have? What am I willing to do to get along with his/her family?

19. About religion and spirituality: What is important to him/her?

- A. Does s/he believe in a Supreme Being? On a scale of 1-10 how important is this to me?
- B. Is it a part of his/her life plan to treat other people like s/he want to be treated? On a scale of 1-10 how important is this to him/her?

20. About politics: What is important to me here? What is important to him/her? On a scale of 1-10 how important is this to each of us?

About money:

21. What have we learned about money in our families?

- A. Me
- B. My life partner

What do we need when it comes to...

22. Saving money?

- A. Me
- B. My life partner

23. Spending money?

- A. Me
- B. My life partner

24. Borrowing money?

- A. Me
- B. My life partner

25. Do I like conservative, moderate, or high risk/high reward investments?

- A. Me
- B. My life partner

26. How important is listening to each other? Do I think that s/he listened to me as we discussed 1. – 25.?

- A. What do I do if I feel like s/he is not listening to me? What does my life partner do?
- B. What do I do if s/he tells me that I am not listening to him/her? What does my life partner do?
- C. Is listening to each other causing issues in our relationship?

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26. What process do we use to make decisions?
 - A. Which decisions do I think should require two votes? Which ones does my life partner think should require two votes?
 - B. Who else's thoughts should we consider? Who else does my life partner think we should consider?
 - C. What other factors should we consider? What other factors does my life partner think we should consider?
 - D. Is how we make decisions causing issues in our relationship?
27. Do we have any trust issues in our relationship? If so, let's clear them up now.
28. Do we have any loyalty issues in our relationship? If so, let's clear the up now.
29. How should we make decisions?
 - A. Which decisions should require two votes?
 - B. Who else's thoughts should we consider?
 - C. What other factors should we consider?
 - D. Can how we make decisions cause issues in a relationship?
30. Do we want to work internationally?
31. Do we want to travel internationally?
32. Do we want to own our own home?
33. Do we want to have a second home?
34. Does s/he work in a corporation, in the government or in a nonprofit? Is it a dealbreaker for me if I would prefer that s/he worked somewhere else? Is it a dealbreaker for him/her?
35. Do I want to own my own business? Is it a dealbreaker for me if s/he would prefer that I worked for someone rather than have a business that I own? Is it a dealbreaker for him/her?
36. Does s/he want to own his/her own business? Is it a dealbreaker for me if I would prefer that s/he worked for someone rather than have a business that s/he owns? ? Is it a dealbreaker for him/her?
37. Do I want both of us to work until retirement?
38. Out of all of the people that each of us knows we chose each other. Why?
39. What else do I want to consider as my life partner and I discuss what our life together will look like?

[Return to the Worksheets Schedule](#)