



INNERLIFE
ADVENTURES

Creating a Common Vision for your Relationship

Working separately, write a series of short sentences that describe your personal vision of a deeply satisfying relationship. Include qualities you already have and qualities you still desire. Write each sentence in present tense, as if it is already happening. For example, “We have fun together.” “We respect each other.” “We are honest with each other.” “We are affectionate with each other.” “We try new things together.” “We have great sex.” “We are loving parents.” “We spend lots of time outside together.” “We have one night per week to ourselves.”

After coming up with your individual vision, share your vision with your partner. Come to an agreement on the ones you both agree on upholding right now, and perhaps a few that you both agree to work to grow into. Post your relationship vision somewhere you will both see it daily and use it as a compass to navigate through life together. Eventually, you will help each other stay on course.

Adapted from *Getting the Love You Want* by Harville Hendrix, Ph.D. (2008).