

THE FIRST SESSION:

Coach Couples to Make Their Relationships Amazing

#1 - VISION FOR THE RELATIONSHIP

- ▶ If you could wave a realistic magic wand, how would you ideally like your relationship to look?
- ▶ What would you do together? How often?
- ▶ What kinds of things would your partner do for you?
- ▶ How often would you see each other?
- ▶ What's the ideal amount of quality couple time you'd like to experience each week or month?
- ▶ How would you like to spend that time?
- ▶ What do you both enjoy doing that you could do more of together?
- ▶ What goals would you like to achieve with your partner?
 - kids, house, vacations, shared interests
- ▶ If your relationship was just the way you'd like it to be, what would that do for you?
- ▶ What are some things you may currently be tolerating or putting up with in your relationship that you'd like to not have to deal with any more?
 - (You'll probably work on these things specifically in future sessions).
- ▶ What else would you like to eliminate from your relationship?

- ▶ **Action:** What could you do this week to start moving yourself just a little bit closer to that vision?

- ▶ How do you feel about taking that action this week?
 - If not great: what actions would you feel more happy & comfortable doing?

- ▶ What did you find most valuable from today's session?