

MUTUAL SUPPORT - AFFIRMATION EXERCISE

List your three most important personal goals in life:

- 1.
- 2.
- 3.

Predict what you think your partner's top personal goals are:

- 1.
- 2.
- 3.

List three specific things (big or small) you would like your partner to do to help you.

- 1.
- 2.
- 3.

Predict three specific things you believe your partner would like you to do to help him/her.

- 1.
- 2.
- 3.