



NEEDS, WISHES, HOPES: The Next 3 Months

In this exercise you and your partner are discerning your steps ahead, both as individuals and as a couple. Alone, your steps may be very wobbly; together there is a rightness to these steps when you are each supporting the other. Listening into these steps is another spiritual practice: a discipline of deep listening.

Comples #1 - #3 **individually**. Then compare your answers with your beloved's. (You might alternate reading them out to one another.) Finally, turn over and complete #4 - #6 **together**.

- 1. Three things I want for myself during the next 3 months. For each, what will I need from my partner?*
- 2. Three things I want for my partner during the next 3 months. For each, how am I willing to support my partner?*
- 3. Three things I want for us during the next 3 months. For each, what will we need to do to make these dreams come alive?*

Now, together:

4. *Things we now agree on that we want to achieve as separate persons and as a couple during the next 3 months.*

5. *Things we are going to do either more of or less of as a means of being successful in achieving our jointly agreed goals.*

6. *Let's specify together when and how we will review this growth plan.*