

Name :

Date :

# BUILDING STRONGER CONNECTIONS

Work together to answer the questions below. Be open, honest, and supportive

**Activities we enjoy together?**

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**Favorite ways to spend time together?**

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**Our strengths as a couple?**

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**Handling conflicts?**

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**Challenges we face as a couple?**

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**Traditions that strengthen our bond?**

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**Values important to us?**

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**Showing appreciation to each other?**

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**Supporting each other's goals?**

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**Communication strengths and weaknesses?**

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**Shared goals for the future?**

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**New experiences to try together?**

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