CHECKLIST · RELATIONSHIP

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Supporting a Partner’s Goals



Encouraging your partner’s ambitions strengthens your bond and fosters growth. Use this checklist to support them effectively.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Understand Their Goals

Ask questions to learn about their aspirations and motivations.

EXAMPLE *“What excites you most about pursuing this goal?”*

2 Show Genuine Interest

Engage in conversations about their progress and challenges.

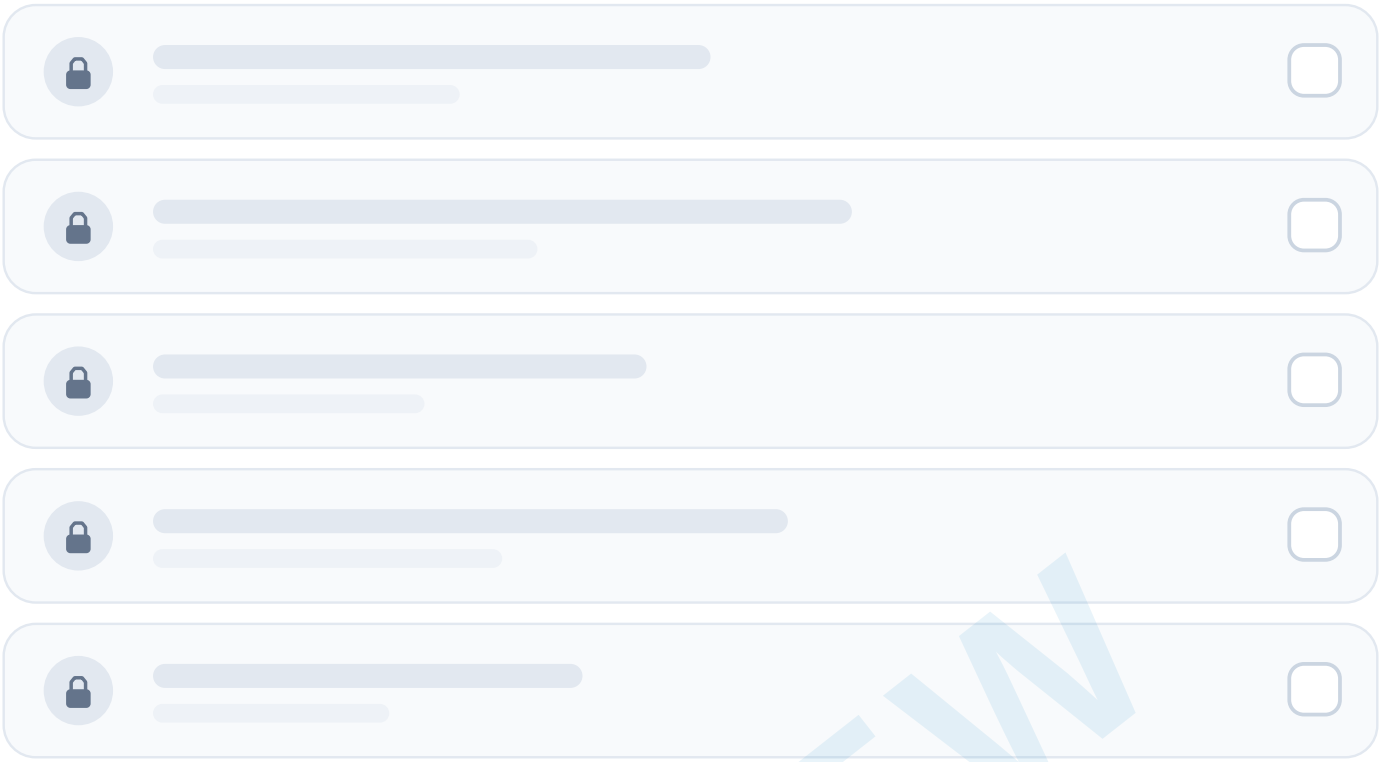
TIP *Use phrases like, “Tell me more about what you accomplished today.”*

3 Celebrate Milestones

Acknowledge their achievements, big or small, along the way.

EXAMPLE *Surprise them with a thoughtful gift or note when they hit a key milestone.*

PREVIEW



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