

“My Dream Relationship Plan”

By Carol A. Anderson, MS, MFT

Step 1. Set “SMART” GOALS

Most people sabotage their Goals by being vague, too challenging or not Action-oriented. If we are going to be successful in reaching our Goals, we need to know whether we are making progress. The only way we can do that is if they are what we call “SMART” Goals.

S = Specific (Positive Behaviors – Audio or Video-Tape a behavior)

M = Measurable (How many times in a week?)

A = Attainable (Baby Steps, not the Grand Canyon)

R = Relevant to your Long Term Goal

T = Time Limited (1 day, 1 week, 2 weeks, 1 month)

Step 2. Identify Your Dream Relationship Plan & GOALS

Plan from top down and read and implement from bottom up. (See Page 2 for Sample Goals.)

“My Vision by 10-years is: _____

My 5-year goal is _____

My 3-year Goal is _____

My 18-month Goal is _____

My 12-month Goal is _____

My 9-month Goal is _____

My 6-month Goal is _____

My 3-month goal is _____

My 2-month Goal is _____

My 7-week Goal is _____

My 5-week Goal is _____

My 4-week Goal is _____

My 3-week Goal is _____

My 2-week Goal is _____

My 1-week Goal is _____

My 5-day Goal is _____

My 4-day Goal is _____

My 3-day Goal is _____

My 2-day Goal is _____

My 1-day Goal is _____

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Programs: <http://Intro.AttractYourDreamPartner.com>

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SUGGESTED SAMPLE GOALS FOR ACHIEVING A DREAM RELATIONSHIP

RESIST THE URGE TO SPEED THROUGH YOUR GOALS! YOU WILL FAIL IF YOU DO!

SHORT-RANGE – Ave. 30 DAYS - 7 WEEKS:

- To watch Carol's 10 Secrets Videos;
- To listen to all of Carol's Recordings and have taken notes;
- To participate in Carol's Free Dream Partner Strategy Session.

MID-RANGE – Ave. 60 DAYS / 2 MONTHS – 3 YEARS:

- To attend a Keeping the Love You Find Workshop and identify 3 of my most important areas of needed Growth to become a DP;
- To participate in the 8-session "Attraction Action Plan" follow-up Tele-coaching group;
- To have SMART Goals set for myself in each area of my needed Growth;
- To work on my SMART Goals daily and report my progress to my group or Coach;
- To attend the Relationship Success Training for Singles 8-session Program (ReSTS);
- To create a Mind Map of the components (relationships, spirituality, finances, career, education, personal growth, health, etc.) of my current Life;
- To describe in each area, the Least Tolerable Situation and the Ideal Situation in my Life;
- To rate each area on a scale of 0-10 with "0" being "Least Tolerable" and "10" being Ideal, where I am NOW;
- To describe my Current situation in each area of my Life;
- To create a Vision Board of my Dream Life;
- To describe and write about my Dream Life in detail;
- To identify my Values;
- To clearly identify my Life Purpose;
- To identify my Requirements, Needs & Wants in my Dream Relationship;
- To be attending regularly at least 3 venues where my potential DP is likely to be found;
- To work with a Relationship Coach, on a weekly basis and be actively practicing all the skills I have learned;
- To have reached 1 of my Growth Goals;
- To be dating 3 potential DPs whom I am attracted to, have important values in common with and enjoy spending time together;
- To have reached 2 of my Growth Goals;
- To be in a monogamous relationship with a potential DP, who *seems* to meet my Requirements & Needs;
- To have met all 3 of my most important Growth Goals;

LONG-RANGE – Ave. 3 - 10 YEARS:

- To be in a Dream Relationship with a Partner who meets all my Requirements, most of my Needs and some of my Wants;
- To have attended at least one Getting the Love You Want Couples Workshop;
- To be in a loving, long-term, committed Relationship with my Dream Partner, and with whom we are both committed to Life-Long Learning and Personal Growth.