**BAE-goals**

This intervention is intended for couples in low distress and/or enrichment couples. This intervention is based out of positive psychology and is intended to help partners grow as individuals as well as foster growth in their relationship. The purpose of this exercise is for you as a couple to try and discuss this area of your relationship, to be more intentional and thoughtful about your personal and relational goals.

**How to do it:** Choose a day and time which you can agree to meet for 10 minutes. During this meeting, set your intentions and goals for the week.

***Each week the partners will choose two goals.***

1. The first goal is individual-focused. This can be an educational goal, physical health goal, or personal hobby goal. You may say “I want to practice the piano three times this week.” Your partner may say “I want to go to the gym twice this week.” Once you and your partner have decided on your individual goal for the week, you should share it with each other.
2. The second goal is relationship-focused. This goal should have the aim to enrich, improve, or maintain the positivity in their relationship. An example of these goals include doing the dishes together, going on a date night, watching a movie, reading the kids a bedtime story together, cleaning the house together, etc. The goals should both be achievable within the duration of a week.
3. Every night before bed you should check in with one another to see if either of you took any steps towards your goals that day. You should offer **words of encouragement** and support. In a sense, you are pushing each other to meet your personal goals while also holding each other accountable to meet your joint couple goal.
4. What do we do if we fail to meet goals repeatedly? That’s OK. Many goals in life end up dropped off, temporary, or revised. It is important to note that the goal of this exercise is to encourage each other, and build each other up. You should not be discouraging or criticizing of each other, as that would be counterproductive. You want to be your partner's biggest fan cheering them on. You might ask your partner “Do you want to revise your goal?” or “Is there a different goal you want to pursue instead of that one?”