

Life List Exercise

This exercise helps a couple share their dreams, hopes and desires in a way that promotes dialog, teamwork and purpose. Follow the instructions until you are quite familiar with the process, then adapt it for your relationship.

Getting Started

1. List at least 100 things you would be willing to do, be or have.
2. Review the list and scratch out anything you don't really want.
3. Pick the top ten items from the remaining list.
4. Compare your top ten with that of your spouse, and merge the lists.
5. Prioritize the items on the combined list:
 - i. Things we are required to do, be or have (Matt 6:25-26).
 - ii. Things that would make our life better, but not required (Matt 7:11).
 - iii. Things that we would enjoy as part of a dream or desire (Ps 37:4).
 - iv. Things we can hardly imagine (Eph 3:20).

Goal Setting Process

1. Brainstorm together about your plans, goals and dreams.
2. Verify that the plans and goals are for US (not you + me).
3. Prioritize goals and plans by time and resources.
4. List your goals (objectives) for the coming year.
5. Arrange the remaining objectives into future phases.

Progress and Praise

1. Review and renew your list semi-annually.
2. Schedule a "date night" at least quarterly to check on progress.
3. Agree together on the next action item.
4. Celebrate successes (Phil 4:4).