

# QUESTIONS TO ASK YOUR PARTNER

**“Life is only a reflection of what we allow ourselves to see”**

The year end is a great time reflect on where you are as a couple. Use the following questions to gain deeper insight into your relationship. Keep in mind that you will take turns asking each other the same questions.

1. When did you feel the most connected with me this year?
2. When did you feel the least connected with me this year?
3. What do you wish we had done more of this past year?
4. What do you wish we had done less of this year?
5. What was your favourite couples moment this year?
6. What is your favourite sexual position?
7. What do you like most in the bedroom?
8. Who had the biggest impact on our relationship this year?
9. What was your favourite getaway this year?
10. How did we grow together this year?
11. How do you feel I best supported you this year?
12. Were there areas where I could have better supported you this year?
13. What were some of the biggest challenges we overcame as a couple this year?
14. How were we intentional about the impact that we want to make in the world together?
15. What are your favorite activities for us to do together?
16. What would you like to see us accomplish together next year?
17. What did you learn about me this year?
18. What surprised you most about us this year?
19. How has our relationship shifted this year?
20. What is your favorite “you and me” tradition or ritual?
21. What routines would you like to see us implement this next year?
22. What areas of our relationship need the most improvement?
23. Where do you think you could show up as a better partner?
24. Where do you think I could show up as a better partner?
25. What is one thing that stands out to you that I did that really says “I love you” without saying “I love you”?
26. If you could pick a food to represent our relationship this past year what would it be and why?