

The Covenant Check Up

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Directions: Create time and space to go through each question as a couple quarterly. The goal of this checklist is to keep lines of communication open and fresh.

What are your top priorities as a couple right now?:

What are 3 goals you want to achieve before the year is over?

Evaluate your progress on a scale of 1-10(1 being poorly, 10 being the best) on achieving those goals or priorities.

1 (Poor) 2 3 4 5 (Average) 6 7 8 9 10 (Best)

What do you believe is getting in the way of your goals or priorities? What is helping you achieve them successfully?

Evaluate your motivation to start over, push forward, or get some help to reprioritize goals in this season individually on a scale of 1-10 (1 being willing, 10 being no matter what)

1 (Unwilling) 2 3 4 5 (Willing) 6 7 8 9 10 (No Matter What)

What are your non-negotiables in marriage?

Who is your circle of trust that you feel comfortable advising you when you hit a rough patch?