

Goals for Rescue My Marriage Today

It's not enough to just show up for a program and wait for results to happen. Those individuals that set out specific goals for what they expect to achieve have substantially higher results. It's also important to describe how you will measure your progress.

1. What am I expecting from myself in this process?

2. What changes do I anticipate in my marriage?

3. What am I willing to do to create the change I wish to see?

4. What am I expecting from my husband/wife?

What you get by achieving your goals is not as important as what you become by achieving your goals. - Henry David Thoreau