

# HOW TO GET ON THE SAME PAGE AS A

*Couple*

*Workbook*

## HOW TO GET ON THE SAME PAGE AS A *Couple*

Love is a beautiful thing; love makes the world go round yet sometimes we can get busy and distracted and get off course. The key is to get back on the same page. Or maybe you're doing well and just want to check in with each other, this workbook is for you too.

We have created this comprehensive workbook to guide you both, step by step, through the questions that give more clarity on what you both value, where you can come together more and where you are rockin' it.

Communication is key, let us say that again, communication is key! No one is a mind reader, so we have to be clear with ourself before we can be clear with our partner. Don't assume they should just 'know' what you want, you have to be able to communicate it as neutral as you can. The other person's job is to really listen and hear you.

Let's begin. Create a communication style that works for you. Have rules around healthy communication & interrupting, and set clear parameters for the language that is acceptable.

Create an intimate time without distractions, light candles, relaxing music. Be PRESENT and be honest.

Why did you fall in love?

What do you love about each other?

What are you grateful for in your relationship?

What are your values in life?

How important is: (rate scale of 1-10)

Me	My Partner	The Difference
_____ Health	_____	_____
_____ Fitness	_____	_____
_____ Vacation	_____	_____
_____ Retirement	_____	_____
_____ Kids	_____	_____
_____ Money	_____	_____
_____ Free Time	_____	_____
_____ Time Together	_____	_____
_____ Friends	_____	_____

What are your values in your relationship?

What are your goals for your life?

What are your goals for your relationship?

Vision of what you want to create together?

What does it mean to have:

Honour -

Patience -

How do you need to be supported?

How will you feel when you get the support?

How will that help your relationship?

What are your romantic sexual desires?

Congrats you did it!! Now share your workbook with your partner and talk about your answers. It may have taken you multiple days to get it filled out, or maybe you booked a day just for the two of you, either way you need to celebrate your commitment to your relationship and digging deep, getting honest and getting on the same page.

Here's where the conversation really starts. Compare where you match and where you don't. Celebrate when you see you are on the same page together and for the ones you are on different pages, discuss where can you come together in the middle or create something new together!

There might be deeper work that you need to do with yourself and together to let go of your past, forgive yourself and each other and learn how to create a new healthy foundation for your relationship. We want you to know we are here to support you both.

**OUR GIFT TO YOU**  
**COMPLIMENTARY CONNECTION CALL**  
 Email: [souljourneynow@outlook.com](mailto:souljourneynow@outlook.com) to book - Promo Code: MOM

*We'd love to hear how this workbook impacted you and your relationship. Reach out and let us know.*

Travis Belanger & Michelle Bateman are a passionate couple who model what healthy connected love looks like in action. They are successful coaches, Travis coaches men and Michelle is a Transformational Soul Coach for women. Together they are committed to supporting couples to create more connection, intimacy, self reflection and intentional conversations to get on the same page.

#### REACH OUT AND CONNECT

**You can reach Michelle at Soul Journey**

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**You can reach Travis at Men On Fire**

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