

Relationship Goals

by Michael Todd

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Write Your Become-The-One Inventory**

List five traits you want in a partner. For each one, write the matching discipline you need to practice yourself for the next 30 days.

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- ⁰² **Ask the Direction Question Early**

Before emotional momentum takes over, ask: What are we discerning, what pace honors that, and what would make this relationship unwise?

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- ⁰³ **Build a Boundary Agreement**

Name physical, emotional, digital, and time boundaries in writing. Make them specific enough that both people know when the line is crossed.

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- ⁰⁴ **Invite One Wise Witness**

Choose a mentor, pastor, counselor, or trusted couple who can ask direct questions. Give them permission to tell you the truth.

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- ⁰⁵ **Run a Money and Mission Talk**

Discuss debt, spending, generosity, career goals, and family expectations in one focused conversation. Avoiding it is not spiritual maturity.

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- ⁰⁶ **Use the 24-Hour Repair Rule**

After a rupture, return within 24 hours with one ownership sentence, one specific apology, and one behavior you will practice differently.