



Disclaimer: This material is for informational and educational purposes and not professional advice. Please Complete this worksheet individually.

Personal health

1. Ask your spouse how they feel about the Relationship health (Explain why) ?

2. Ask your spouse how are you on a scale 1-10 in each area below? (1 being unhealthy & 10 healthy)

Mental	1	2	3	4	5	6	7	8	9	10
Physical	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Emotional	1	2	3	4	5	6	7	8	9	10

3. What is one thing I can do in each area to help you?

Marriage health

1. Ask your spouse how they feel about the Relationship health (Explain why) ?

2. Ask your spouse how are we on a scale 1-10 in each area below? (1 being unhealthy & 10 healthy)

Raising Children	1	2	3	4	5	6	7	8	9	10
Family/Religion	1	2	3	4	5	6	7	8	9	10

Financial agreement 1 2 3 4 5 6 7 8 9 10

Spouse Roles/Responsibilities 1 2 3 4 5 6 7 8 9 10

3. What is one thing I can do in each area to help you?

Relationship health

1. Ask your spouse how they feel about the Relationship health (Explain why) ?

2. Ask your spouse how are we on a scale 1-10 in each area below? (1 being unhealthy & 10 healthy)

Intimacy 1 2 3 4 5 6 7 8 9 10

Communication 1 2 3 4 5 6 7 8 9 10

Intentional/Quality Time 1 2 3 4 5 6 7 8 9 10

3. What is one thing I can do in each area to help you?

Artez&Alisha Coaching

| Marriage | Mindset | Relationship |

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