

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Annual Summit Questions for Couples

*Share your responses to the questions below to deepen connections, celebrate experiences, and to envision new possibilities.*

What are the key **MEMORIES** we share from the past year?

1. Accomplishments: \_\_\_\_\_
2. Significant transitions: \_\_\_\_\_
3. Key learnings: \_\_\_\_\_
4. Primary challenges: \_\_\_\_\_
5. Family memories: \_\_\_\_\_
6. Life-giving events: \_\_\_\_\_
7. Loss of loved ones: \_\_\_\_\_

What are our **HOPES AND DREAMS** for the coming year?

1. Major purchases: \_\_\_\_\_
2. Travel plans: \_\_\_\_\_
3. Family Rituals: \_\_\_\_\_
4. Home improvements: \_\_\_\_\_
5. New habits & routines: \_\_\_\_\_
6. New skills to develop: \_\_\_\_\_
7. Getaways as a couple: \_\_\_\_\_

How can we **SUPPORT** each other's...

1. Faith practices: \_\_\_\_\_
2. Personal goals: \_\_\_\_\_
3. Professional goals: \_\_\_\_\_
4. Health habits: \_\_\_\_\_
5. Long-term dreams: \_\_\_\_\_
6. Use of talents: \_\_\_\_\_
7. God-given gifts: \_\_\_\_\_

3 **THEMES** that will define next year include:



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