

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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