

About Your Partner Worksheet

Fun and Games



What music did your partner listen to as a kid or teen?

What is your partner's ideal vacation spot?

Is there a TV show is your partner currently loving?

What upcoming events is your partner looking forward to?

Is there a book which has influenced your partner's life significantly?

The Future



How does your partner describe their ideal life?

Does your partner have a significant health or career goal?

What is your partner hoping to become better at in the next 3 years?

What are the most important items on your partner's bucket list?

Does your partner have an achievable long-term goal for their life?

You and Me



How did your partner discover they liked you?

What does your partner miss the most about you when you are apart?

What hopes does your partner have for your life in 3 years?

Can you describe a time your partner was proud of your relationship?

What activities or places does your partner love to do/visit with you?

Other People



Who is your partner's oldest friend?

Apart from you, who can your partner discuss their difficulties with?

Is there anyone who your partner sees as a role model?

Are they very close with any one relative? How do they catch up?

Does your partner see themselves as a sociable person?

Careers



What are your partner's friends like in the office?

What are they best at in their role?

What is their favorite thing about their role? Their least favorite?

How do they feel rewarded by their job, besides money?

How does their usual workday look, from start to finish?

Feelings



How does your partner unwind at the end of a long day?

What are the main feelings your partner has experienced today?

Is there anything in life that makes your partner really happy?

Does your partner consider themselves contented?

What are some things you do that make your partner feel great?