

CATEGORY 11
Career & Work-Life Balance

Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. Do you expect to be a career woman, or do you intend to stay home with the kids?

Him:

Her:

2. How important is allotting quality time to spend with family?

Him:

Her:

3. What plans will you put in place to balance work time and family time?

Him:

Her:

4. Will your career be more important than family?

Him:

Her:

5. How should we handle career changes or job loss?

Him:

Her:

6. What happens if one person's career requires relocation?

Him:

Her:

7. How should we support each other's professional goals?

Him:

Her:

8. What are your thoughts on working overtime or travel for work?

Him:

Her:

9. Should both partners work outside the home?

Him:

Her:

10. How should we handle childcare decisions if both work?

Him:

Her:

11. What happens if one person wants to change careers?

Him:

Her:

12. How important is job satisfaction versus income?

Him:

Her:

13. Should we have separate or joint professional goals?

Him:

Her:

14. How should we handle networking events and work social functions?

Him:

Her:

15. What does retirement planning look like for both of us?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we on career priorities and work-life balance?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with how we balance work and family?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Career and Work-Life Balance, we agree to:

"

Signed: _____ **&** _____

Date: _____