



# KAREN HATCHER THE PROPERTY NINJA

## COUPLES' RETREAT AGENDA

Day One	Day Two
12:30-1:30 Lunch - What out of life?	8:30-9:00 Breakfast Grab and Go
2022 Planning Session	9:00-11:00 "Why" Hike
1:45-3:00 Start Questionnaire	12:00 Check-Out
3:00-4:00 Hotel Check-In	1:00-3:00 Lunch - What we have....What we need - 2023, 2024, 2025
4:00-5:00 Keep answering questions and goal setting	3:00-4:00 School, Sports & Extracurricular
6:00-7:00 How to get it	4:00-5:00 Time block Vacation for 2023 & Finalize goals
7:00-8:00 Happy Hour	6:00 Pick up the Kids
8:00-10:00 Dinner	

## Q+A

### 1: SPIRITUAL

- What Do You Want Out Of Life?
- What are our priorities for our spiritual life?
- What steps do we want to take to improve our spiritual life?
- What are our priorities for our children's spiritual life?

## 2: PHYSICAL

- How can we improve our eating habits?
- What can we do to incorporate exercise into our family activities?
- Which athletic or physical activities should our children be involved in?
- Do we need to lose/gain weight?
- What should we tell our children about God?
- What spiritual rituals do we want to introduce into our family?
- What are our daily gratitude and other spiritual habits?
- What should I do to make myself more attractive to my spouse?
- Are there any athletic goals I want to pursue (e.g. run a mile--or a marathon)?
- What can I do to encourage or enable my spouse to meet his/her physical goals?

## 3: PERSONAL

- Are there any skills or sports I want to learn (e.g., play the piano, take up golf or speak French,
- Are there creative endeavors we want to undertake as a family?

## 4: KEY RELATIONSHIP

### a. Marriage

- Is our marriage headed in the right direction?
- Are we growing closer and is the relationship maturing?
- Are we meeting each other's emotional needs?
- Are we meeting each other's physical needs?
- Are we meeting each other's intellectual needs?
- What kinds of things can we do to ongoing support each other?
- What do you NEED from me this year?

## **b. Children**

- What are the most important character traits we want to see our children develop?
- How should we spend weekends and other leisure time?

## **c. Extended Family**

- What are our relationships with our extended family?

## **d. Friendships**

- Are there any specific people we would like to get to know better this year?
- Do each of us get enough time to work on ourselves?
- Do we each have enough “me time” to decompress and destress?
- How can we communicate more clearly with each other?
- Should we go out more often or make more time for romance?
- What can we do to improve our sex life?
- What do we want our marriage to look like five years from now?
- What do I see as my partner’s primary responsibilities in the marriage relationship?
- What do I see as my primary responsibilities in the marriage relationship?
- Does our devotion to our children interfere with or hamper our marriage relationship?
- Do we support one another in front of our children?
- What traditions do we want to introduce to our family this year?
- Do we need to think about helping aging parents?

## **5: FINANCIAL**

We decided we would have a separate retreat for this in 60 days, but we did answer these questions:

- What is our 5-year net worth goal?
- What are our retirement goals?

- What will steps do we need to take to move closer to those goals this year?
- What does our charitable giving look like?
- Which organizations would we like to target in the coming year?
- What are our savings goals?
- How much did we save last year? Was it adequate?
- What would we like to save for this year?
- How often should we set money aside, and where should we put it?

#### FINAL QUESTIONS

- What are the key habits we want to develop this year as a family and as individuals?
- Where do we want to vacation this year? Time block calendar for all vacations.
- How are our businesses doing financially?
- What are the ultimate goals for the businesses?