

# THE ROADMAP TO *Alignment*



13 ESSENTIAL CONVERSATIONS EVERY ENGAGED  
COUPLE SHOULD HAVE BEFORE MARRIAGE

KIMBERLY  
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INTRODUCTION

# Meet Dr. Kim Smiley

Your trusted premarital coach and licensed psychologist, bringing over two decades of expertise to couples in Atlanta, Georgia. Specializing in premarital coaching, I am dedicated to helping you achieve a thriving, lasting relationship. My approach combines psychological insight and practical guidance to empower engaged couples, ensuring they embark on their marital journey with confidence and clarity.



By identifying your unique strengths and growth areas, my coaching facilitates crucial conversations, aligning expectations, and building essential relationship skills.

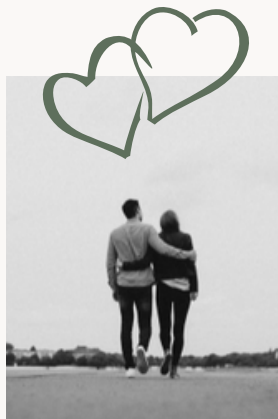
The benefits extend beyond current challenges, equipping you with a robust framework to face future obstacles together. My goal is to not only enhance your relationship but also provide ongoing support and resources for long-term success.

I am here to guide you toward a fulfilling relationship. Through aligning expectations and building skills where growth is needed, I ensure that couples embark on their marital journey with confidence and clarity.



Let's embark on this journey together,

*Dr. Kim Smiley*



## To get the most from this guide...

1. Read through the **Definitions** of each major relationship area on page 4.
2. On page 5, rate your level of satisfaction for each area. If an area doesn't apply to you, just skip it.
3. On page 6, write down your 3 highest rated areas and your 3 lowest rated areas.
4. Choose one of your lowest rated areas and circle it. This will be your first goal!
5. On page 7 and with your goal in mind, write down one thing you can do today, and every day for 1 week, that will improve your score in this area by 1/2 point.
6. Refer to page 8 for **Tips & Ideas** on how to foster alignment and deepen your connection with your partner.
7. Rinse & Repeat! For each area you would like to see improvement, choose a week, set your goals (Page 7) and get to work. Make sure to focus on only one area each week.

**Author's Note:** *This guide was created to help you examine your relationship satisfaction across a collection of 13 important relationship areas. By following the steps, you will get an organized approach to each relationship area and you will begin to connect the dots on what is working for you and your partner and what areas may need a little tune-up.*

*You will get even more value from this guide by including your partner in these exercises! Encourage him or her to join you over the next week to see what exciting improvements you can make!*


*Hang on to this guide and use it throughout the year, or as often as needed, and continue making those 1/2 point improvements. Revisiting these exercises will increase overall relationship satisfaction and success.*


# DEFINITIONS


Think about how your relationship flows between you and your partner. Are things one-sided? Are things pretty well-balanced? How satisfied are you regarding the balance in this area?


- **Communication** - How you talk with each other. Do you share easily with your partner? Is it difficult to talk about serious matters? Healthy communication is respectful, caring and observant. Communication is both verbal and non-verbal.
- **Conflict Management** - How you resolve differences or disagreements. Do you use respectful ways to resolve disputes? Do you show compassion and try to understand each other's point of view?
- **Shared Path/Goals** - Your alignment with your partner on long-term goals. Do you both want the same things in life? Are you sharing a path? Do you share your passions and dreams with each other?
- **Quality Time** - Are you happy with the amount of 1 on 1 time with your partner? Do you have too much? Not enough? Is your quality time high or low engagement?
- **Actions/Words of Support** - Do you give and receive support through actions and words? Do you feel appreciated and do you give appreciation?
- **Shared Activities** - Your common interests & hobbies. Also, this includes any rituals or habits that are unique to your relationship. These activities can help you feel more connected to your partner.
- **Individual Activities** - Your individual interests & hobbies. Are you satisfied with your personal activities outside of the relationship? Do you feel like you have a healthy personal life outside of your relationship?
- **Extended Family** - Do you feel you have a good balance between time with your partner and time spent with extended family? Do either of you feel there's not enough or too much time with family?
- **Nurturing Friendship** - A deep friendship is the key ingredient to long-term success. Do you regularly find ways to explore and deepen your friendship? Can you talk about everything and nothing with your partner?
- **Accepting Support/Influence** - You welcome and respect your partners ideas and feelings. In turn, your ideas and feelings are also welcomed and respected by your partner. You feel your relationship is collaborative. Are you open to your partner's ideas? And, do you feel your partner is open to your ideas?
- **Spiritual Activities** - Are you and your partner aligned on your spirituality? Is this a source of stress or disagreement? Is there respect and openness regarding spiritual activities?
- **Non-Sexual Intimacy** - Closeness in proximity or physical touch with your partner that conveys positive emotions and without the expectation of sex. This can be hand-holding, cuddling or hugs.
- **Sexual Intimacy** - The physical act of sex and the associated positive emotions. Are you aligned with your partner on frequency, quality and limits?


Instructions: Rate your level of satisfaction in each area.  
 0 = Not satisfied at all; 10 = Extremely satisfied.


Communication  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Conflict Management  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Shared Path/Goals  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Shared Activities  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Individual Activities  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Extended Family Relations  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Spiritual Activities/Goals  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10


Quality Time  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

Actions & Words of Support  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

Accepting Support/Influence  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

Nurturing Friendship  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

Non-Sexual Intimacy  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

Sexual Intimacy  0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8 ..... 9 ..... 10

# Results

## Highest Rated Areas

1.

2.

3.

## Highest Rated Areas for Your Partner

1.

2.

3.

## Congratulations!

These are your relationship strengths! Keep up the good work!

## Lowest Rated Areas

1.

2.

3.

## Lowest Rated Areas for Your Partner

1.

2.

3.

These areas are now marked for growth! This is a great place to start working towards better alignment in your relationship. Fill out the next page and get started on taking small steps towards greater relationship satisfaction!

# Relationship Goals *Planner*

USE THIS PAGE TO PLAN YOUR GOALS FOR THE WEEK.  
(Print this page as many times as you need it!)

Start Date:

End Date:

This week's goal is:

This week's desired outcome:

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Things to do to accomplish my relationship goals:

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Color in the circles after completing your relationship goal for that day.



List observations throughout the week related to the following:

Mood > \_\_\_\_\_

---

Partner's Mood > \_\_\_\_\_

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Positive/Negative  
Interactions > \_\_\_\_\_

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Was there improvement  
in the target area?

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Was there improvement  
in any other areas?

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# Tips and Ideas

Here are some tips and ideas to get you started. Don't be afraid to get creative and step outside your comfort zone. Remember to have fun and celebrate your partner at every opportunity. You can do the same idea each day or you can mix it up throughout the week.



- Set aside some time to discuss with your partner, ways to improve your selected area.
- Plan a date night for you and your partner.
- Write a note to your partner expressing your gratitude for something he/she did recently.
- Plan a vacation for just the 2 of you.
- Write a letter to your partner explaining your most upsetting concern, using “I” language. Focus on describing how you have been feeling about the situation.
- Check in with your partner about something that you would like to accomplish in the next 6 months (1 year, 5 years, etc.).

- Express positive feelings for your partner without using words. (hugs, hand-holding, cuddling, back rub, etc.)
- Make plans for you and your partner to try something new (cooking class, art class, golf, ANYTHING, etc.)
- Make a point to actively listen to, and respond to, your partner during a conversation. Make sure he/she feels heard.
- Do simple tasks together, such as laundry, cooking and washing dishes. These are excellent opportunities to deepen your connection on any given day.
- Express encouragement and show support with your words either verbally or in writing.







## THANK YOU *for downloading*

Did you get value from the Roadmap To Alignment? Please don't hesitate to send your ideas and requests via email or connect with me on social media.



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<https://www.instagram.com/atlantamarriageprep>

*"Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable."*

**Bruce Lee**