



# Celebrating Us:

## 6 Meaningful Anniversary Questions

### Introduction

Anniversaries are more than just a date on the calendar—they're an opportunity to celebrate your journey, reflect on your growth, and set new intentions for your relationship. This worksheet will guide you through six thoughtful questions to help you and your partner deepen your connection and strengthen your bond.

### Instructions

- Find a quiet, comfortable space to complete this worksheet together.
- Take turns answering each question, listening attentively to your partner's responses.
- Be open, honest, and reflective as you share your thoughts and experiences.

### Main exercise: Anniversary reflection questions

#### 1. What is one of your favorite memories from the past year together?

- Think about joyful, meaningful, or transformative moments you've shared.
- What made this memory stand out?

#### 2. What is something your partner did this year that made you feel loved or appreciated?

- Reflect on actions, words, or gestures that meant the most to you.
- How did this impact your connection?



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### 3. How have we grown as a couple over the past year?

- Consider challenges you've faced and how you've navigated them together.
- What strengths have you built as a team?

### 4. What are some ways we can continue nurturing our relationship in the coming year?

- Discuss habits, activities, or commitments that strengthen your connection.
- How can you support each other in meaningful ways?

### 5. What is something new you'd like to experience together?

- Think about a trip, activity, or goal you'd love to pursue as a couple.
- What excites you about this shared experience?

### 6. What are three things you appreciate most about your partner right now?

- Share specific qualities, actions, or moments that you truly value.
- How can you express this appreciation more regularly?



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### Action plan: Next steps

- Identify one commitment to prioritize your relationship this year.
- Set a date for a future check-in to discuss your relationship goals.
- Consider starting a new anniversary tradition based on this reflection.

### Closing details

Strong relationships thrive on intention and connection. If you're looking for deeper guidance in strengthening your relationship, we're here to help. Connect Couples Therapy offers in-person sessions in Charlotte, NC, and Carefree, AZ, as well as virtual therapy for residents of Arizona, Florida, North Carolina, South Carolina, Tennessee, and Texas. Reach out today to start building a stronger, more connected relationship.



Contact us by visiting us here: [www.connectcouplestherapy.com/contact](http://www.connectcouplestherapy.com/contact)

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