

# Realistic Goals For Couples To Maintain A Healthy And Deeper Bonding



**Prioritize your relationship**



**Have some 'me' time**

**Set some quality time with each other daily**



**Recognize and tend to each other's needs**



**Always maintain physical intimacy**



**Support one another's goals**



**Appreciate and compliment each other**



**Have fun together and go on dates together**

