

BEFORE YOU BEGIN

Arrive honestly.

Before you start remembering the past or imagining something new,
take a moment to notice where you are right now.

1

One word for how I arrive to this conversation: _____

2

What do I hope this time together gives us?

3

What helps me feel safe, heard, and present in a conversation like this?

4

What kind of evening do I hope we are creating together?

You do not need to get this right. You only need to begin.

3

REMEMBER

— — — — —
— — — — —
Go back to the beginning for a moment.
— — — — —

Every relationship has an origin story.
Return to yours with curiosity, affection, and honesty.

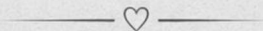
1. What do you remember about when we first met?

2. What made us want to spend more time together?

3. What early memory of us still makes you smile?

4. What did we do naturally in the beginning that we may need again now?

Sometimes remembering is its own kind of renewal.



RECLAIM

Notice what familiarity may have hidden.



Familiarity is not the enemy of love,
but it can make beautiful things harder to see.

1. What is something about our relationship we appreciate right now?



2. What is something we used to enjoy that life has crowded out?



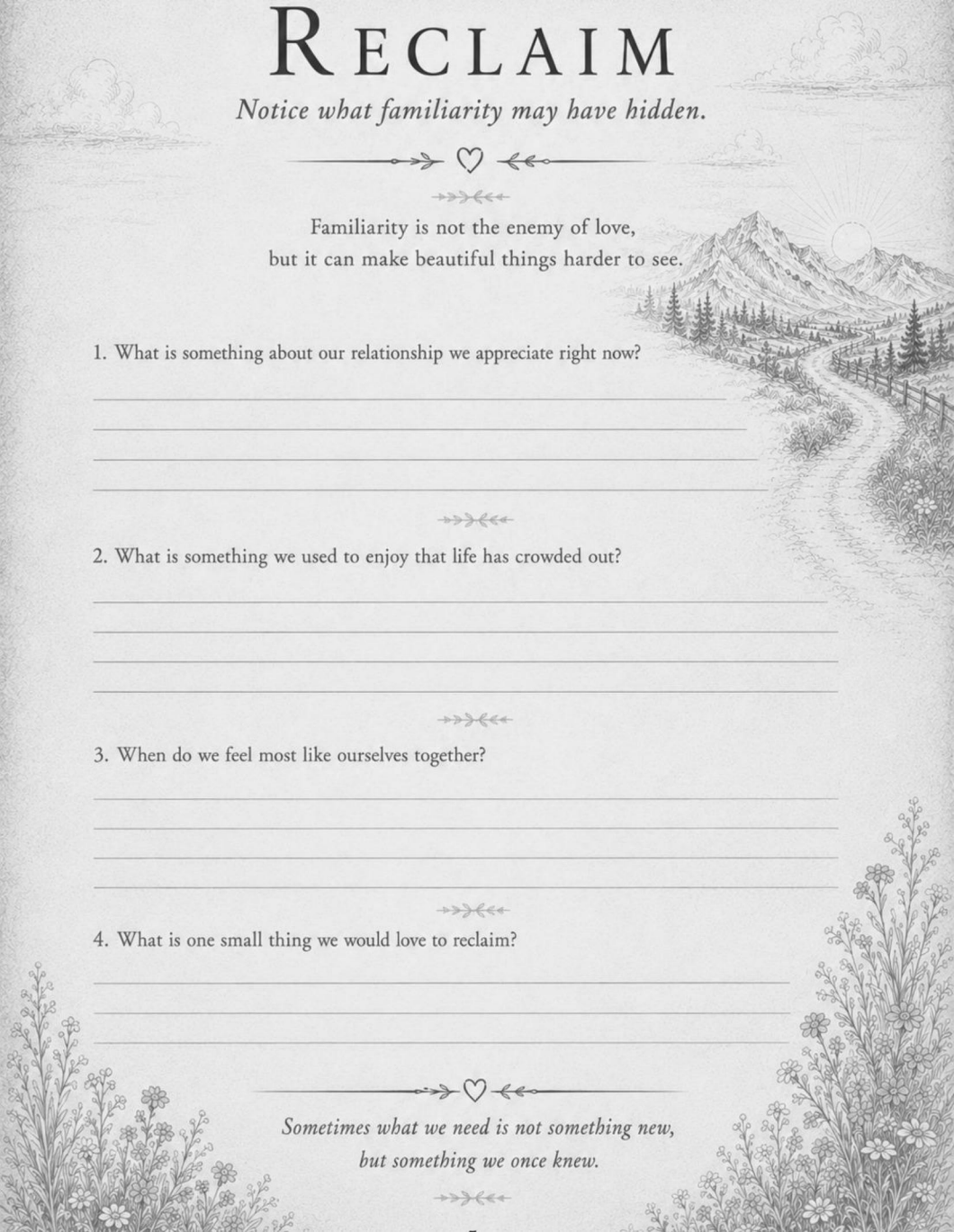
3. When do we feel most like ourselves together?



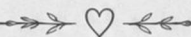
4. What is one small thing we would love to reclaim?



*Sometimes what we need is not something new,
but something we once knew.*



CREATE



Make room for a new first.



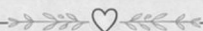
A relationship stays alive when it keeps
making room for something that has not happened yet.

1. What is one new first we could
create in the next thirty days?

2. What kind of outing, meal, or simple
experience sounds fun right now?

3. What have we talked about doing
but never actually done?

4. If we kept it easy and playful,
what might we try next?



Our next first:



CHOOSE YOUR NEXT FIRST

—>>> ♥ <<<—
Turn an idea into something real.
—>>> <<<—

Take one idea from the previous page and make it specific enough to happen.

♥ *Our next first:* _____

📅 *When will we do it?* _____

🌿 *What do we need to make it happen?* _____

🌸 *What small detail would make it feel special?* _____

🌸 *What do we hope to remember about it?* _____

—>>> ♥ <<<—
A GENTLE BLESSING —>>>

*May you keep becoming curious about one another.
May memory make room for gratitude,
honesty make room for tenderness,
and love make room for what is still becoming.*

—>>> <<<—