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# Couples Journal

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A 30-Day Guided Journal



Hybrid



Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Rate your connection and communication at the end of each day (1-10)
  - Check off quality time, appreciation, and physical affection boxes
  - Write what you appreciate about your partner — be specific
  - Reflect on communication, shared goals, and date ideas
  - Use the relationship reflection prompt for honest self-awareness



Scan for a detailed guide on how to use this journal

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Expressed appreciation:     

Physical affection:             



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