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# Dating 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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- Fill in the tracker right after each date while details are fresh
  - Rate chemistry, excitement, and comfort honestly — no one else will see this
  - Write about the date: where you went, what you did, what stood out
  - Note red and green flags — both matter equally
  - Review past entries weekly to notice recurring themes



Scan for a detailed guide on how to use this journal

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Comfort (1-10):      (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)



**About this date** *(where did you go? what did you do? describe the date from start to finish)*

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**First impressions** *(what stood out about this person? appearance, energy, vibe, mannerisms)*

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**Conversation highlights** *(topics that sparked interest, things you laughed about, moments of real conn...)*

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**Red / green flags** *(positive and concerning signals from this interaction)*

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**Compatibility notes** *(values, interests, communication style — what did you notice?)*

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