


Love Journal



A 30-Day Guided Journal



Free-form

Created with LoomJournals



How to Use This Journal

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

-
- Open each session with the daily love prompt and write freely for 5-10 minutes
 - Capture a favorite memory or moment of gratitude in as much detail as possible
 - End by noting one thing you appreciate about your partner today
 - Return to past entries together to celebrate how your relationship has grown



Scan for a detailed guide on how to use this journal

