

Workbook

7

Days

To Lasting Love



Day 7: Action items

Self discovery

Spend some time each day this week noting what makes you feel most alive, loved, and fulfilled. Write these feelings down.

Your vision of love... or dream on paper...

1. Image Collection: Start gathering images, symbols, or items that represent these feelings. This can be from magazines, online sources, or your own photos.
2. Create Your Vision: Assemble these images into a collage or a digital board. This isn't about perfection; it's about capturing the essence of your emotional and relational desires.
3. Reflect: Look at your vision board daily. Allow yourself to feel the emotions these images evoke and let this vision pull you forward into your desired love life.

