

RE-LIVE YOUR LOVE STORY

REFRAME FAMILY HISTORY

A 12-STEP JOURNEY TO LIFELONG LOVE STRUCTURE FOR PROACTIVE PARTNERSHIP

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SPEAK HEART TO HEART

THE ANCHOR OF COMMITMENT IS TRUST



6 CLARITY WITHOUT COMBAT

DAILY ACTS OF HONOR



USE VELVET ROPES;
NOT WALLS

FIGHT FAIR AND RESOLVE FAST





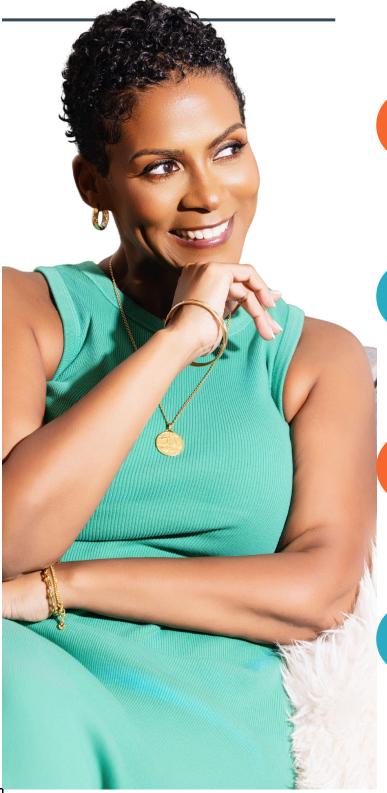
KEEP THE FLAME LIT





12

DREAM TOGETHER



#### **RE-LIVE YOUR LOVE STORY**

Reflect on the journey that brought you together; your LOVE STORY.



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### **REFRAME FAMILY HISTORY**

Explore how upbringing, and family dynamics shape how you love, communicate, and resolve conflict.

#### STRUCTURE FOR PROACTIVE PARTNERSHIP

Learn key ingredients of a thriving relationship. Set rules for communication.





### **SPEAK HEART TO HEART**

Learn how to speak affection in ways that resonate with each other.

# THE ANCHOR OF COMMITMENT IS TRUST

Unpack layers of trust; how it's built, how it can be broken, and how to restore it.





### **CLARITY WITHOUT COMBAT**

Master tools for clear, honest, and emotionally attuned communication.

### **DAILY ACTS OF HONOR**

Build rituals of connection that affirm your love and foster emotional safety.





### **USE VELVET ROPES; NOT WALLS**

Learn to set boundaries with each other, with families, and around shared time.

#### FIGHT FAIR AND RESOLVE FAST

Practice conflict navigation tools that connect you through hard conversations





# SHARED LOAD, SHARED LIFE

Break down assumptions about roles, and responsibilities, to build a financial plan.

#### **KEEP THE FLAME LIT**

Explore the many forms of intimacy and learn how to keep your connection alive.



#### **DREAM TOGETHER**

Align hopes, map your future, and leave with a living plan for life as partners in love