

# Rediscovering Romance: Reflection Worksheet

## For Couples

- What small gestures make you feel most loved and appreciated by your partner?
- Think of a time you both felt deeply connected. What were you doing, and how can you recreate a similar moment?
- Write down three activities you'd love to try together in the next month.
- How can you communicate your needs for affection and quality time more openly?
- Describe one small ritual you could start together this week (e.g., a morning hug, evening tea, shared gratitude).

## For Solo Self-Romance

- What does romance mean to you now, in this season of your life?
- List three ways you can show love to yourself this week.
- Write a letter to yourself describing what you admire most about who you are today.
- What activities make you feel lit up inside? Plan one for the coming weekend.
- Describe a personal ritual you can create to remind yourself of your worth and beauty.

Remember, romance is something you get to create - whether with someone else or just for yourself. Use these prompts to guide meaningful reflection and spark connection.