

A LITTLE CLARITY. A LITTLE CARE.



Love with Intention

A personal workbook for the way you want
to give, receive and make room for love.

A SMALL BEGINNING

For you, wherever you are in your love life.
Single, dating, partnered or simply making more room for meaningful
connection.

Eight thoughtful pages. Everyday examples. Space to write.
Values / everyday care / boundaries / invitations / a one-week plan.

Your answers belong to you. Write on these pages or use your own notebook.

For personal education and reflection, not therapy. Choose what fits; skip any question.
There is no score and no perfect way to complete this.

START WITH YOUR OWN VOICE

Name what matters.

Use this workbook on your own, whether you are single, dating or partnered. You can also reflect on love in friendships and family relationships. Share only what you choose.

TRY THIS GENTLY

Pick three values you want to practice. A value is a direction, not a test someone must pass. Examples: kindness, honesty, play, independence, steadiness, curiosity and generosity.

A value I care about	What it looks like in everyday life
Example: steadiness	Following through on a plan, or letting someone know early when it changes.

Which value would I like to practice a little more this week?

You do not need to decide your whole future today. Start with one relationship or one part of your life that matters to you.

MAKE THE FEELING CONCRETE

What feeling loved looks like.

Small, observable details can make your preferences easier to understand. Think about your real life, rather than what a relationship is supposed to look like.

FROM A FEELING TO AN EXAMPLE

Instead of only "I want to feel considered," try "When plans change, I appreciate a message before I leave home." Different people may want different kinds of care.

I feel cared for when someone...

A word, a gesture, time together, practical help or space to recharge.

A moment of kindness I remember, and the detail that mattered:

When I have little energy, the kind of care I welcome is...

Preferences can change with the day or the relationship. Ask rather than assume, including about touch, gifts and public displays of affection.

WARMTH CAN INCLUDE A CLEAR NO

What works for me.

A preference describes what you enjoy. A request asks for something specific. A boundary names a limit and what you will do to honor it. Other people can have limits too.

THREE USEFUL EXAMPLES

Preference: "I like a little notice before making plans."

Request: "Could we choose a time by Thursday?"

Boundary: "I am not available for late-night calls. I will reply tomorrow."

A preference I would like someone to understand:

A limit I want to express kindly and clearly:

What I can do to honor that limit:

Keep this about your own choices, not controlling another person.

If sharing a limit feels unsafe or you fear retaliation, pause and seek individual support from someone you trust or a qualified professional. You do not owe anyone these pages.

CARE HAS A REALISTIC SIZE

My own kind of generosity.

Consider the care you enjoy giving and the energy you actually have. Being thoughtful does not require being available all the time, spending money or saying yes to everything.

SOMETHING SMALL AND HONEST

"I cannot take on dinner this week, but I can order groceries on Tuesday." Or: "I would love to hear about your day. Could we talk after I have had a quiet half hour?"

A way of showing care that feels natural to me:

Something I can offer this week without overextending myself:

A kind action I can take for myself as well:

An offer is an invitation, not a debt. Someone can appreciate your thoughtfulness and still prefer something different.

LEAVE ROOM FOR AN HONEST ANSWER

Say it simply.

Choose words that sound like you. An invitation works best when the other person is free to say yes, no or suggest a different time.

FOR SOMEONE YOU WOULD LIKE TO KNOW BETTER

"I have enjoyed talking with you. Would you like to get coffee next week? No pressure if that is not what you want."

FOR A PARTNER, FRIEND OR FAMILY MEMBER

"I miss having unhurried time with you. Would a short walk on Sunday feel good? We could choose another day if you prefer."

WHEN YOU NEED TO DECLINE OR ADJUST

"Thank you for thinking of me. I am not up for that tonight. I could do a quiet lunch on Saturday, if you would like."

My invitation or request, in my own words:

How I can respond with care if the answer is no:

ONE SMALL THING IS ENOUGH

Make a little room for love.

Choose one intention for the week. Use the ideas below as possibilities, not assignments. You can repeat an easy action, adapt it or leave a day blank.

This week, I want to bring more...

Day	A gentle possibility	My choice / when
1	Notice one kind detail.	
2	Offer a specific thank-you.	
3	Ask what would feel helpful.	
4	Make time for something I enjoy.	
5	Share one clear preference.	
6	Offer an invitation with room to decline.	
7	Pause and reflect on the week.	

You can practice this with yourself, a friend, family or a partner. A meaningful week can include rest, a boundary or a change of plan.

KEEP WHAT FEELS TRUE

A little clearer. A little kinder.

Return to this page after a week, or whenever you feel ready. Notice what you learned without grading yourself or someone else.

A moment that felt warm, genuine or easy:

Something I learned about what I want or need:

Something I want to keep, change or stop doing:

One small intention I would like to carry forward:

A NOTE TO YOURSELF

You are allowed to move at your own pace. Clarity, care and room to choose are worthwhile places to begin.

Reuse any page when life changes. Keep your reflections private, or share one part with someone you trust if you want to.