

Romance in the *Little Things*

How everyday moments can create the most beautiful and lasting love 💕

"Some of my favorite scenes to write are not the grand gestures — they are the quiet ones. The morning coffee made just the way she likes it. The inside joke that only they understand. Those moments do not make headlines. But they make marriages." — Karlene Pitters

🌟 QUICK REFLECTION

When was the last time someone did something small for you that meant absolutely everything? What was it and how did it make you feel?

♥ LET'S TALK

When it comes to feeling loved in everyday life — which matters most to you right now? Check one:

- Words of affirmation — being told you are loved out loud
- Quality time — someone's full undivided attention
- Acts of service — someone making your day a little easier
- Thoughtful gestures — small tokens that say "I was thinking of you"

Why did you choose that one?

★ THIS WEEK'S LITTLE LOVE CHALLENGE

Choose one small intentional act of love this week — for someone else or for yourself. Check it off when you do it! 💕

💕 Send a message to someone you have been meaning to check on

💕 Say "I appreciate you" out loud instead of just thinking it

💕 Put your phone away for one hour and be fully present

💕 Do one small thing today that is just for you – something that makes you smile 🌻

📅 ONE THING I WANT TO CARRY FORWARD

What is one small intentional thing you can do this week to bring more romance into your everyday life?

🌸 THIS WEEK'S AFFIRMATION



✦ READ THIS OUT LOUD ✦

"I am worthy of love in all its forms — big and small. The little things I do matter. The little things done for me matter. I am seen, I am valued, and I am loved." 💕



✦ READY TO GO DEEPER?

The full guided experience is inside **The Complete Love Toolkit** — my Love on Purpose guided journal AND The Love That Feels Like Home 30-day workbook bundled together for just **\$17.99** · **Save \$3.00!** Available now at stan.store/Ioniel 💕