

Love, Unscripted

The Complete February Reflection Kit (Weeks 1–4)

A month-long journey into real love—honesty over performance, consistency over moments, courage over fear, and self-worth as the foundation for the love you choose.

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Week 1: What Real Love Looks Like for Me

Define love on your own terms—beyond appearance, comparison, or pressure.

Reflection prompts include:

- When love feels real to me, it looks like...
- The things I no longer confuse with love are...
- The kind of effort that makes me feel safe and seen is...

Week 2: Love That Lasts

A couples reflection on consistency, emotional safety, and intentional daily choosing.

Reflection prompts include:

- When do you feel most loved by me?
- What small, consistent action makes you feel secure?
- What does emotional safety look like for us?

Week 3: Choosing Love Anyway

Affirmations for brave, vulnerable hearts choosing love despite fear.

- I can feel fear and still choose love.
- I protect my heart without closing it.
- The right love will meet my courage with consistency.
- I deserve a love that feels safe enough to risk.

Week 4: My Love Standards & Non-Negotiables

A self-worth reflection to clarify boundaries, standards, and the love you deserve.

Worksheet sections include:

- Qualities that make me feel emotionally safe
- Behaviors I will no longer accept
- My top non-negotiables in love

My standards are not walls—they are clarity.