

New Love Intentions

As you prepare for a new year, use this journal page to set gentle intentions for love—whether you're healing, hoping, or already holding someone close. Remember, love begins with you.

1. What lessons did I learn about love this year?
2. How have I grown emotionally or spiritually through love?
3. What love wounds do I still need to heal?
4. What kind of love do I want to invite into my life this year?
5. How can I be more present in love—both with myself and others?
6. What small acts will help me nurture the love I desire?