

My Love Standards & Non-Negotiables

A reflection worksheet for choosing the love you deserve.

1. The qualities that make me feel emotionally safe in love are:
2. The behaviors I will no longer accept in relationships are:
3. My top 5 non-negotiables in love are:
4. The kind of communication I need to feel respected is:
5. The way I want to feel in a healthy relationship is:
6. One promise I'm making to myself about the love I choose moving forward:

My standards are not walls—they are clarity.