

January New Beginnings Love Kit

A Gentle Start to the Year — With Love

This kit is an invitation to begin the year without pressure, without perfection, and without resetting your heart. Love doesn't need fixing — it needs care, honesty, and intention.

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What My Heart Already Knows

The new year doesn't ask your heart to start over. It asks you to listen.

- One relationship I want to nurture more deeply this year:
- What this relationship has already taught me about love:
- One way I can show up more honestly and gently:
- One small act of care I can offer without fixing:

Same Heart, New Intention

This year, I choose to love with:

One pattern I am releasing:

One truth I am honoring:

My love intention for this year:

Quiet Promises

Not every intention needs to be shared. Some promises are meant to be kept close.

- One promise I'm making to myself:
- One promise I'm making to love differently:
- How I will protect my heart while staying open: