

The Season of Stillness: Loving Without the Rush

A Cozy Guide to Slowing Down and Savoring Love – by Karlene Pitters

This printable is your gentle reminder to take a deep breath and make space for slow, sacred love this season. Here are a few sweet, simple ways to create stillness and deeper connection with your partner (or yourself) this December. ♥■ Light candles and talk about your favorite childhood holiday memory. ♥■ Share a slow dance to your favorite love song—right in the living room. ♥■ Take a walk without phones. Hold hands. Look up at the lights. ♥■ Sip cocoa and write love letters or gratitude notes to each other. ♥■ End the night wrapped in a blanket, watching an old holiday movie. Love doesn't need to be big or loud—it just needs to be felt. Let stillness be your love language this season. Visit www.jamericandream.com for more holiday love stories and free downloads!