



Creating Legacy Wellness

Navigating Well-Being Together



Sacred Partnership Reset

Align Your Space. Clarify Your Heart. Invite Love to Meet You There.



SECTION 1 — Your Relationship Ideal

(Calling In or Renewing Love)

In this partnership, I feel...

- ☐ emotionally safe
- ☐ desired and chosen
- ☐ respected and supported
- ☐ calm and at ease
- ☐ playful and connected

How we treat each other (especially during stress):

What I am no longer available for:

Anchor feeling.



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SECTION 2 — Love & Relationship Gua Focus

(Your Home's Relationship Mirror)

My Love & Relationship Gua is located in:

☐ Home ☐ Bedroom ☐ Office ☐ Other: _____

Current energy check (circle):

Nurturing Neutral Draining

One object / symbol I will place or update here:

What this symbol represents:

Your space reflects what you are ready to receive.



SECTION 3 — Bedroom Shift for Connection + Rest

(Where Love Restores Itself)

One small change I will make in my bedroom within 48 hours:

- ☐ Clear clutter
- ☐ Add softness / warmth
- ☐ Create balance (pairs)
- ☐ Remove work or emotional residue
- ☐ Other: _____

Why this matters to my nervous system + heart:

Rest is a relationship skill.



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SECTION 4 — Daily Relationship Attunement

(2 Minutes. Once a Day.)

My personal attunement phrase:

“May I show up with _____ in my relationships today.”

Optional addition:

- ☐ Breath + hand on heart
- ☐ Prayer
- ☐ Moment of gratitude
- ☐ Silence

What you practice daily becomes how love feels.

**Sacred partnership begins within—and your
home helps you remember.**
