

ONE YEAR FOR LOVE

PRINTABLE

Reflections Pages

FOR EBOOK OWNERS



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WEEK 1: GETTING INTO THE GROOVE

REFLECTIONS

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DATE ACCOMPLISHED: 

WEEK 2: YOUR LOVE STORY

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WEEK 3: FEELING LOVED

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WEEK 4: HANDLING STRESS TOGETHER

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WEEK 5: BOUNDARIES = CARE

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WEEK 6: LOVE LANGUAGES

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WEEK 7: FUTURE DREAMS

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WEEK 8: FEELING VALUED

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WEEK 9: HANDLING CONFLICT

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WEEK 10: SHARED RITUALS

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WEEK 11: WHAT MAKES YOU LAUGH

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WEEK 12: WORDS I LOVE TO HEAR

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WEEK 13: QUARTERLY REFLECTION

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WEEK 14: CREATING CALM

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WEEK 15: CELEBRATING YOU

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WEEK 16: HANDLING MISTAKES

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WEEK 17: NAVIGATING OUTSIDE OPINIONS

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WEEK 18: CHILDHOOD MEMORIES

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WEEK 19: YOUR PERFECT DAY

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DATE ACCOMPLISHED: 

WEEK 20: EVERYDAY APPRECIATION

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WEEK 21: WHEN I NEED SPACE

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WEEK 22: LOVE IN DAILY LIFE

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WEEK 23: SHARED ANTICIPATION

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WEEK 24: STRENGTH & GROWTH

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DATE ACCOMPLISHED: 

WEEK 25: LOVE & PLAYFULNESS

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DATE ACCOMPLISHED: 

WEEK 26: MID-YEAR REFLECTION

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WEEK 27: HANDLING BUSY SEASONS

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WEEK 28: CELEBRATING US

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WEEK 29: WHEN YOU NEED ME MOST

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DATE ACCOMPLISHED: 

WEEK 30: MAKING DECISIONS TOGETHER

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WEEK 31: JOYFUL MEMORIES

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DATE ACCOMPLISHED: 

WEEK 32: HANDLING DISAGREEMENTS

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WEEK 33: THE LITTLE THINGS

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WEEK 34: BEING SEEN AS YOURSELF

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WEEK 35: GRATITUDE CHECK-IN

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WEEK 36: OUR RELATIONSHIP VALUES

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WEEK 37: LEARNING TOGETHER

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WEEK 38: HANDLING CHANGE

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WEEK 39: QUARTERLY REFLECTION

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WEEK 40: INDEPENDENCE & US

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WEEK 41: DREAMING BIG

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WEEK 42: BEING INSPIRED BY YOU

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WEEK 43: HIDDEN WORRIES

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WEEK 44: MANAGING EXPECTATIONS

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WEEK 45: REINTRODUCING US

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WEEK 46: SIMPLIFYING THINGS

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WEEK 47: CELEBRATING ORDINARY WINS

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WEEK 48: CREATING JOY

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WEEK 49: WORDS THAT MATTER

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WEEK 50: STRENGTHENING TRUST

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DATE ACCOMPLISHED: 

WEEK 51: YOUR HOPES FOR US

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Stay Connected

If you'd like more ideas, inspiration, and new books to support your communication and relationship journey, I'd love to stay connected.

You can find future releases, free resources, and more at:

www.kommor-consulting.com