



EMPOWER LOVE CHECKLIST


For Professional Women Ready to Reclaim
Confidence & Attract Aligned Love

A self-reflection tool from LLF Coaching Services

- ☐ I have emotionally closed the door on my last relationship.
(No lingering hope, guilt, or resentment keeping me emotionally stuck.)
- ☐ I know what I desire in a relationship –without self-editing to please others.
(I've defined my non-negotiables, values, and emotional needs.)
- ☐ I understand my attachment style and how it shows up in dating:
(I've reflected on past patterns and how I've both attracted and responded to love.)
- ☐ I've taken time to reconnect with my feminine energy.
(I allow myself to receive, soften, and express joy without apology.)
- ☐ I've set healthy boundaries –and honor them without guilt.
(I protect my peace while remaining open to connection.)
- ☐ I'm dating with clarity, not fear or pressure.
(I'm not chasing commitment; I'm attracting alignment.)
- ☐ I've created a support system for my dating journey.
(I have trusted voices to help me stay grounded and encouraged.)



Remember: Empowered love begins with a powerful sense of self.

 Want to stay connected and receive updates when the Empower Love program launches? Visit rwilliamsllfcoaching.com