



SOUL JOURNEY
CREATE A LIFE YOU LOVE

MEN ON FIRE
IGNITE YOUR LIFE

LOVE YOUR LOVE

Couples Workbook



LOVE YOUR LOVE *Couple's Workbook*

YOUR Love is a beautiful thing; it makes your world go round. It's important to stay connected and intentional to create something beautiful together as a couple.

“ Then we sat on the edge of the earth, with our feet dangling over the side, and marveled that we had found each other. ”

– Eric Dillard

We have created this comprehensive workbook to guide you both, step by step, through the questions that give more clarity on what you both value, where you are rockin', it and where you can come together more.

Communication and clarity is key!

Why did you fall in love?

What do you love about each other?

What are you grateful for in your relationship?

What are your values in life?

How important is: (rate scale of 1-10)

Me	My Partner	The Difference
_____ Health	_____	_____
_____ Fitness	_____	_____
_____ Vacation	_____	_____
_____ Retirement	_____	_____
_____ Kids	_____	_____
_____ Money	_____	_____
_____ Free Time	_____	_____
_____ Time Together	_____	_____
_____ Friends	_____	_____

What are your values in your relationship?

What are your goals for your life?

What are your goals for your relationship?

Vision of what you want to create together?

What does it mean to have:

Honour -

Patience -

How do you need to be supported?

How will you feel when you get the support?

How will that help your relationship?

What are your romantic sexual desires?

Congrats on taking your clarity to the next level!! Now share your workbook with your partner and talk about your answers. It may have taken you multiple days to get it filled out, or maybe you booked a day just for the two of you, either way you need to celebrate your commitment to your relationship and digging deep, getting honest and getting on the same page.

Here's where the conversation really starts. Compare where you match and where you don't. Celebrate when you see you are on the same page together and for the ones you are on different pages, discuss where can you come together in the middle or create something new together!

There might be deeper work that you need to do with yourself and together to let go of your past, forgive yourself and each other and learn how to create a new healthy foundation for your relationship. We want you to know we are here to support you both.

We'd love to hear how this workbook impacted you and your relationship. Reach out and let us know.

Travis Belanger & Michelle Bateman are a passionate couple who model what healthy connected love looks like in action. They are successful coaches, Travis coaches men and Michelle is a Transformational Soul Coach for women. Together they are committed to supporting couples to create more connection, intimacy, self reflection and intentional conversations to get on the same page.

REACH OUT AND CONNECT

You can reach Michelle at Soul Journey

SoulJourney.co

souljourneynow@outlook.com

Social [@souljourneytransformations](#)

You can reach Travis at Men On Fire

Menonfire.co

menonfirecoaching@outlook.com

Social: [@menonfirecoaching](#)

