

the feels

Modern *Dating* 101

WEEK 8: IDENTITY SHIFT + INTEGRATION

LET'S START WITH REFLECTION (WITH THIS COURSE):

The biggest shift I've experienced:

The belief I no longer carry:

The skill I'm most proud of developing:

DECLARATIONS

Complete these prompts to name your commitments, releases, practices, and what you deserve, creating a clear guide for how you show up moving forward.

I commit to...

I release...

I will practice...

I deserve...

YOUR SUPPORT SYSTEM

Map your ongoing support system so you have reliable people and practices to return to when you need grounding or guidance.

Who are my 3 anchors?

1.

2.

3.

What practices keep me centered?

What will I do when I slip back into old patterns?
