

the feels

Modern *Dating* 101

WEEK 7: THE IMPORTANCE OF COMMUNITY

How much of my sense of worth is tied to romantic success?

If romance disappeared for a year, how would I build a meaningful life?

When do I feel most like I belong?

What qualities make me feel safe?

My top 5 values:

1. _____
2. _____
3. _____
4. _____
5. _____

Activities that bring me joy:

Where do these overlap socially?

ACTION PLAN

Plan how you'll nurture connection, create consistency, and reach toward the people and practices that bring joy and belonging.

3 ways I will build consistent community:

1. _____
2. _____
3. _____

A recurring commitment (ideally weekly):

Who I will reach out to:
