

Relationship Manifesto

As you embark on this Relationship Ritual for the start of the new year, engage with your partner in a space of openness and vulnerability. The following prompts are designed to deepen your connection, foster understanding, and set positive intentions for the journey ahead.

1. What I commit to... (what I want to give to you)

Reflect on the ways you wholeheartedly commit to giving to your partner. Consider the gestures, actions, and emotional support you aim to provide consistently. Be specific and sincere in expressing your commitment to nurturing the relationship.

2. What I ask of you... (what I need from you)

Articulate your needs within the relationship. Communicate openly about the support, understanding, or specific actions you desire from your partner. This fosters clarity and allows for mutual growth by understanding each other's needs.

3. My 2024 vision for you is... (my longing for you)

Envision the growth and flourishing you desire for your partner in the coming years. Share your aspirations for their personal development, happiness, and overall well-being. This sets a positive and uplifting tone for the future.

4. What I would love you to remember about me is... (recalling love in conflict)

Anticipate potential conflicts or challenges and preemptively share aspects you'd like your partner to remember during difficult times. This serves as a beacon to guide both of you back to the foundation of love and understanding.

5. What I would love for us to have/experience together next year is... (my intention for us)

Co-create a vision for the upcoming year by expressing your desires for shared experiences and growth as a couple. This could include adventures, milestones, or simply moments that contribute to the strengthening of your bond.

Instructions

- Set aside dedicated time for this ritual in a calm and comfortable environment.
- Approach the conversation with an open heart and a willingness to listen.
- Encourage your partner to share their thoughts and feelings openly.
- Remember that this ritual is a journey of mutual understanding and growth.

May this Relationship Ritual serve as a foundation for a year filled with love, understanding, and shared aspirations.

[Name] Relationship Manifesto - 2024

- 1. What I commit to** *(what I want to give to you)*
- 2. What I ask of you** *(what I need from you)*
- 3. My 2024 vision for you is.....** *(my longing for you)*
- 4. What I would love you to remember about me is** *(when we are in conflict or face challenges recalling this will help us to come back to love)*
- 5. What I would love for us to have/experience together next year is.....** *(my intention for us)*

[Name] Values - [Date]

Additionally, developing an awareness of our individual values will help us to understanding of each other and also allow for a deeper connection and mutual appreciation. This shared insight into our core beliefs can serve as a foundation for stronger relationships and more meaningful interactions.

Value: []

Meaning: []

In action: []

Value: []

Meaning: []

In action: []

Value: []

Meaning: []

In action: []

Value: []

Meaning: []

In action: []

Value: []

Meaning: []

In action: []

Example

Value: Love

Meaning: Family, belonging, acceptance, peace, vulnerability, self-expression, support, quality time.

In action: I allow myself time for solitude and invest in myself to give to others. I treat my relationships with my family and partner with the same, if not more respect than I give to my friendships. I show all parts of myself to the people that I love, even if it feels uncomfortable. I commit to moving from love over fear even when it's challenging.