Heart Share List

• How I am feeling underneath the details of the day is ____________________.

• The best part of my day was ____________________ because ____________________.

• Something I’ve been worried about saying to you is ____________________.

• Two things I am feeling really grateful for right now are ____________.

• One small thing you could do for me that would really make me happy is...

• Something I love about being married to you is ____________________.

• One change I am trying to make in my life is _________. If I could make this change it would give me _______________.

• One really good memory I have from our relationship is ______________

• Something I am feeling vulnerable about right now is ________________
• What is the most meaningful compliment someone could give you?
• A dream I have is ________________.
• The ideal vacation for me is ________________.
• If I could go away with you I would want to go to _____ and do______.
• One way I am hoping to become a better person over the next year is...
• If you really knew me, you would know this about me right now....
• What are you most proud of in your life and why?
• What do you regret, or what choices do you wish you had made differently in your life?
• Where do you wish you were more daring / adventurous?
• How do you really feel about your job?
• Where would you really like to live and why?
• What would you like to be able to do really well?
• What activities take you completely out of your head or out of the everyday world?
• How do you think your best friends would describe you? Your family?
• If you were exactly who you want to be sexually, what would that look like? How would you be different? What would you not change?
• Name something fun you would like to do this week or soon.