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### **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.