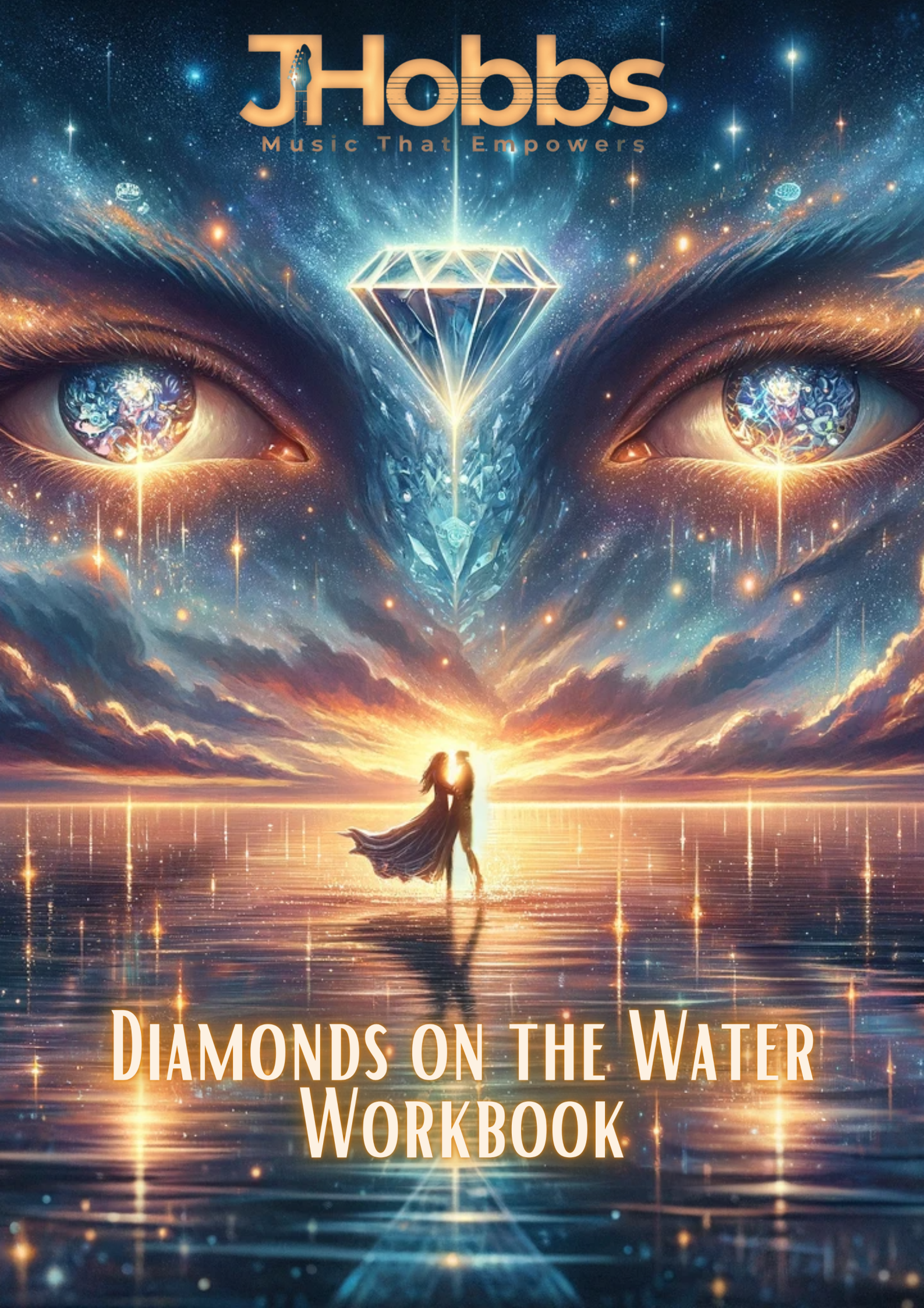




JHobbs
Music That Empowers

DIAMONDS ON THE WATER WORKBOOK

Reflecting on the Chorus

DIAMONDS AS METAPHORS:

In what ways have you experienced "diamonds" in your relationship?

Exploring Verse 1

STARTING WITH LOVE:

What routines do you currently have that help keep love at the forefront of your mind?

Reflecting on Verse 2

OVERCOMING CHALLENGES:

Reflect on the tough times you've faced together. What are you most proud of? What strategies have you found most effective for staying aligned and making it through these challenges?

Engaging with the Second Rap

SEEING THE GOOD:

What are the best qualities you see in your partner? How do these qualities you see in them strengthen your relationship?

LIVING IN THE MOMENT:

What rituals or routines do you and your partner do to slow down and connect as a couple? Miracle Morning, Trail Runs, Road Trips, Movies, Love Making, Etc

Considering the Bridge

CELEBRATING YOUR RELATIONSHIP:

What about your partner are you most grateful for?

[illegible]

CREATING NEW DIAMONDS:

What one or two ideas from this journal session can you implement in the coming weeks? This could be a new way of communicating, a date idea, or a way to show appreciation for your partner.

[illegible]

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