

DAY 30

“Learn to light a candle in the darkest moments of someone’s life. Be the light that helps others see; it is what gives life its deepest significance.” - Roy T. Bennett

For your final task, ponder these reflection questions and take some time to have these meaningful conversations with your partner.

Am I living according to the expectations and dreams of others, or of my own? How do I distinguish them from one another?

What situations do I avoid? What does this evasion say about my previous experiences or beliefs?

If this was my last day, would I be satisfied with my life? What would I have done differently?

What did I learn most about myself, my partner, and our relationship over the past thirty days?

How do I hope to implement these skills daily into our relationship?