

Love Maps

A MINI WORKBOOK
FOR COUPLES



Love Maps

A **Love Map** is your guide to truly knowing your partner—their dreams, likes, dislikes, daily experiences, and the inner world that shapes who they are.

The stronger your love map, the deeper your intimacy, connection, and ability to thrive together.

This workbook will help you:

- ✓ Build emotional intimacy
- ✓ Strengthen communication
- ✓ Deepen your understanding of your partner
- ✓ Create a foundation for lasting love

Why Love Maps Matter

Enhances Emotional Connection

When you understand your partner's inner world, you create closeness and intimacy.

Improves Communication

Knowing their preferences helps you have more meaningful, supportive conversations.

Strengthens Conflict Resolution

Awareness of needs and values gives you the tools to navigate disagreements with compassion.

Quick Check-In Exercise

On a scale of 1–10, how well do you feel you know your partner's world right now?

(1 = not well at all, 10 = extremely well)

1 2 3 4 5 6 7 8 9 10

Love Maps Questions

Take turns answering the questions below.
Don't rush—listen with curiosity and write down your discoveries.

Personal Preferences

What's your favorite way to spend a weekend?

What's your comfort food or go-to meal?

What's your favorite movie, book, or TV show?

Dreams & Goals

What's one thing you want to achieve this year?

What's a long-term dream you've always had?

If you could live anywhere, where would it be?

Daily Life

What's something that makes your day instantly better?

What's the most challenging part of your daily routine?

What's your favorite time of day and why?

Relationships and Values

What do you value most in our relationship?

Who has been the most influential person in your life?

How can I better support you in our relationship?

Build Your Love Map Together

Choose a Focus Area

Pick one area: Dreams, Daily Life or Personal Preferences

Ask & Answer

Each partner asks 3-5 questions from that section.

Reflect & Share

Write down one new thing you learned and how it deepened your connection.

Journaling Prompts

Use these to expand your reflections:

Something I admire about my partner that I sometimes forget is...

A dream of theirs I want to help support is...

I feel most connected to them when we...

One small way I can show love this week is...

Create a Love Map Ritual

Step 1: Choose a regular time (weekly or monthly).

Step 2: Light a candle, make tea, or set aside 15 distraction-free minutes.

Step 3: Each time, answer 2–3 new questions or revisit old ones.

Step 4: End with appreciation—each of you shares one thing you're grateful for about the other.

Next Steps

- ✓ Schedule your first Love Map session this week.
- ✓ Keep a dedicated notebook or digital journal to track your answers.
- ✓ Notice how your connection grows when you both feel truly seen and understood.

Final Note:

Love maps are not a one-time exercise. They are living, breathing reflections of your partner's evolving world. The more you update them, the more connected you'll feel—through all of life's seasons.